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FITNESS

GIRLS

JAN/FEB 2017

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OUTS**

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ADVENTURES

ALSO

ARIANNY CELESTE
EMMA WWE STAR
WHITNEY JOHNS
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**ATHLETE
ISSUE**

PLUS

**THE 25
MOST
INSPIRING
PHYSIQUES
IN SPORTS**

WITH
**CROSSFIT ICON
CHRISTMAS
ABBOTT**

**THIS YEAR'S
NUMBER #1**

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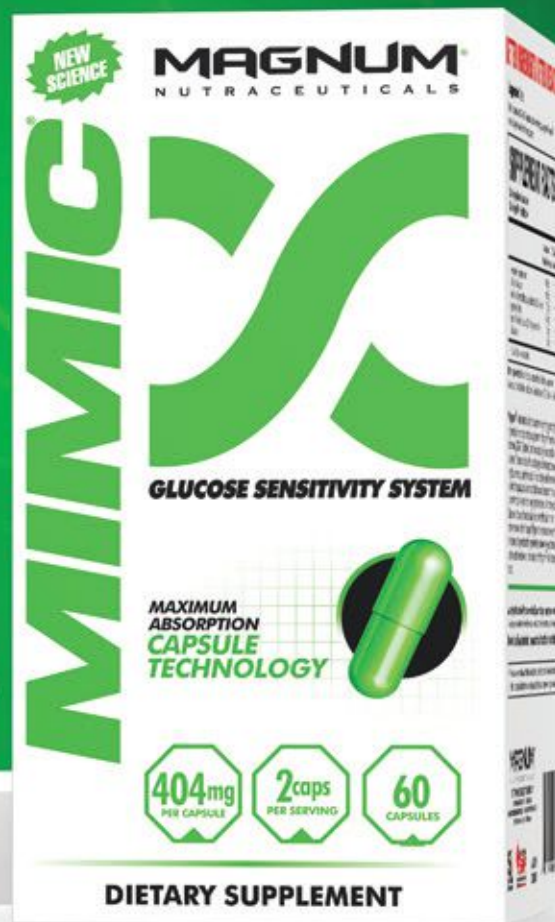


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**FITNESS
GURLS**

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ALI LEVINE

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Olavida Swimwear
Stacked Beaded
Bracelets by
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Earrings by
Sonia Hou Jewelry
Necklace by
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Hair &
Makeup by
**KAREN
PANG**

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BY STANCE SUPPLEMENTS

Jim Hurst



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HOPE BEEL | PHOTO BY SARAH ORBANIC

FITNESS GURLS NOTE FROM

THE EDITOR

While we pride ourselves on featuring the most beautiful fitness models in the world, we wouldn't feel complete if we didn't share with you the most beautiful athlete physiques in the world. Our team had the arduous task to narrow our list down to 25 female athletes, and we're revealing them right here in our premiere Athlete Issue! Also, we have some exciting and off the cuff adventure getaways and gift ideas for the holiday season. With this time of year, festivities, office parties and family get togethers tend to contribute to our waistlines and scales. But fear not! We have workouts for if you're on the go, to serious mass building training with an IFBB Men's Physique Pro. Exclusive interviews with your favorite models will always be a quintessential part of Fitness Gurls, but we also have had the pleasure of bringing you Q&A from WWE superstars Emmalina and Chris Jericho! This may seem like a lot already, but it doesn't stop there and I assure you that you'll be pleasantly surprised at what else we have in this issue for you.

The cold weather is approaching, but we've cooked up enough heat in this issue to last you throughout the winter. So sit back, relax and enjoy the cooking!

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BY STANCE SUPPLEMENTS

Dianne Dahlgrun



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MUSTARD

T H E B E S T W E ' V E S E E N

► **FEATURED RIDE**

HYUNDAI IONIQ

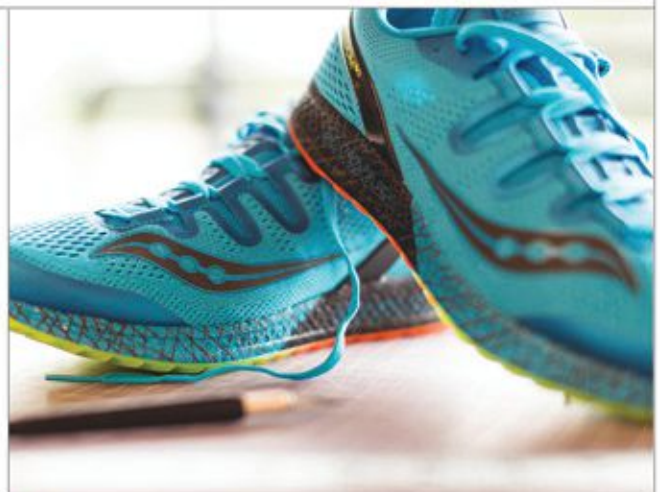
Its innovative safety features and an aerodynamic body make the brand spanking new Hyundai Ioniq difficult to stray away from. Three environmentally friendly versions coming winter 2016 and summer 2017.



► **FEATURED GEAR**

JONES SNOW- BOARDS PROJECT X

The lightest board in the Jones Snowboards family will have you tearing it up on the terrain this season! Through the best new materials and manufacturing processes, the tip and tail's weight has been reduced but keeps its time tested traditional base. Contact points are smoothed out to avoid unexpected catches.



► **FEATURED SHOE**

SAUCONY FREEDOM ISO

The backbone and star of this shoe is their patented EVERUN midsole. EVERUN's technology gives the the runner a boost with each stride and amplifies the whole running experience. Its fluid cushioning and soft top sole, which conforms to the runner's foot, provide a pleasurable journey for the elite or casual runner. The mesh upper allows for maximum movability and fit while the support frame in the heel prevent slipping.

GYM
CRUSH

SARAH
E. EVANS

FITNESS
GURLS TEAM ATHLETE

FITNESS MODEL &
MOTHER OF 3.
YEAH, WOW!

PHOTOS BY
CHRISTIAN AVANTI
PHOTOGRAPHY



SARAH^{E.} EVANS

FITNESS GURLS SPONSORED ATHLETE & FIT INSPIRATION

BY CHRISTIAN AVANTI PHOTOGRAPHY

MAKEUP BY JESSICA BARRERA

HAIR BY ELIZABETH FERNANDEZ



Top & Bottoms by
VICTORIA'S SECRET

Most people can't believe you are a mother of three! Obviously, staying healthy and in shape isn't easy while managing a household with three kids. What do you think is the most fundamental in shedding the baby weight?

Thank you, I believe staying consistent with your workouts and eating is key. As it does take time, its good to remember it took 9 months to gain the weight and may take 9 months to lose it!

Are there any supplements, foods or recipes you would recommend for people who are looking for something to give kickstart or make their transition into being healthy more bearable?

I hear this all the time, that people couldn't eat the way I do. Which in fact I eat normal foods, I just choose to prepare and cook them in healthier ways. One tip I like to share is using condiments to enhance your foods. Lemon juice, sugar free syrup, or hot sauce are a few of my favorites to add!

How many days a week do you workout and for how long? Do you have splits or go by how you feel?

I workout 5 days a week, a Monday through Friday routine that's split it up by working my muscle groups twice a week. Sometimes I throw in an extra leg/glutes day on the weekends. I like to keep my weekly workouts at an hour max.

As a fitness model, you are automatically judged by your outward appearance. What would you like for our audience to know about you that we may be surprised to hear?

That I can usually be found in my sweats, hair up in a bun, and no makeup at the grocery store! While appearances can always be deceiving, having an inside that is caring, genuine and loving is what I hope others truly see in me rather than just my outward appearance.

Did you ever play sports or be involved in dance when you were growing up?

Yes, I did. At a young age I played softball along with gymnastics and ballet. My high school years were filled with cheerleading and dance, which I still love!

What quality do you find most attractive in a man?

For me the most attractive physical quality in a man would be strong shoulders and non physical would be a sense of humor. Women always need a good laugh after getting into a mood or being stressed. There is nothing better than having your man lighten the mood for you!

If you could have one super power, what would it be and why?

I love watching Marvel movies so really any of the super powers would be awesome to have. I would however, like to possess Rogue's super powers from X Men. Being able to take or use other super powers when I need them seems like a good plan.



*“ THERE IS
NOTHING
BETTER THAN
HAVING YOUR
MAN LIGHTEN
UP THE MOOD ”*





▶ BATTLE OF THE BALD

There are a variety of ways to fight hair loss. For many people, losing your hair can be devastating. This can be especially true if the individual is very young or has a medical issue. Regardless of the reason for your hair loss, there are ways that you can take action to save the remaining hair and regrow new hair.

Topical Treatments

Topical treatments are probably the most common method of treating hair loss. Effective topical solutions and ointments are available at most big box stores and hair salons. The prices on treatment can vary greatly but the most cost effective and common treatment is around twenty dollars per bottle. Topical treatments such as Rogaine are believed to reactivate the hair follicle and encourage it to produce hair again.

Laser Treatment

Laser treatments are the newest method to treat hair loss. In many studies, it has been found to be moderately effective in stimulating the hair follicle which causes it to regrow hair that may have been lost. The wavelength of the laser treatment is between 630 nm and 670 nm which is specific to stimulating hair growth.

Implants

Hair implants have been around for decades. When they were first introduced in the late 1950s, they looked obvious and rudimentary by today's standards. In the last few years the procedure has become more intricate and it is hard to tell that the hair was not grown naturally. Individual hair follicles are embedded in the scalp and will continue to grow hair where they have been implanted.

Supplements

There are a whole variety of supplements containing biotin and borage seed oil available on the consumer market that claim to grow hair. It is important to do research before you buy any of these to make sure they are safe for you and don't compromise any medication that you may be taking. Supplements are thought to provide the follicle with essential nutrients that are needed to produce hair.

Natural Oil Massage

Massage with essential oils such as rosemary oil is probably the safest and most enjoyable way to regrow hair. This method is supposed to increase circulation to the scalp and stimulate the hair to grow. The oils that are used bring more blood flow to the scalp which allows for better function of the follicle.



FEATURED PRODUCT KIEHL'S HAIR OIL-IN- CREAM

For men trying to grow their hair for the latest long lock trend, Kiehl's Oil-in-Cream's olive and avocado oil formula delivers 3 times the concentration of your civilian conditioner. This hydration prevents breakage up to 75% so her fingers will run smoothly through your locks in no time.

\$25 | kiehls.com



FEATURED PRODUCT IMPERIAL FREEFORM CREAM

The saying, 'less is more' really hits the nail on the head when describing Imperial Freeform Cream. It's a water based hair cream that doesn't weigh hair down with unnecessary ingredients, which means you won't have to pretend you came off a 50 mile bike ride. Since it's water based, washing out is easy, never gunky.

\$25 | imperialbarberproducts.com



FEATURED BEER

SAN MIGUEL CERVEZA

San Miguel Cerveza is the kind of lager that could only be brewed by experienced hands. The beer is fermented, which gives it that exquisite taste that many other brands simply cannot provide.

The lager has a crystal clear appearance, but it also has a luminescent light golden hue that could be compared to the break of dawn when enjoyed over the sonorous strings of the Spanish guitar. The experience begins with the aroma, which is clean. The grain scent is easily detectable and accompanied by an intoxicating sweetcorn aroma.

The taste balances the bitterness that most expect from a good lager with the sweet roasted notes that only barley can leave behind. Perhaps, one of the most exciting things about San Miguel Cerveza is that it can be enjoyed rather than just drank. Those who let the taste linger in their mouths a little will get a subtle aftertaste that might remind them of liquorice.

Beer aficionados can trust this company. San Miguel Cerveza has been serving the public for more than 100 years, and it brews beers through traditional techniques. The sugar is delicately extracted from the barley during bottom barrel fermentation. The process is combined with other ingredients to give it that refreshing taste that no other beer has achieved. There is no doubt about it; this beer deserves a place with people who know what a good lager should taste like.

One is meant to sit back and slowly enjoy the majesty within every bottle of San Miguel Cerveza.



FEATURED PRODUCT

**NARS
RADIANT
CREAMY
CONCEALER**

Straying from the typical heavy cream concealer stereotype, this NARS concealer is lightweight yet applies with a flawless coverage especially for those under eye circles. It's moisturizing formula has light diffusing technology which gives its radiant effect.

\$29 | narscosmetics.com

► **SURF'S UP!**

Surfing is an optimal cardiovascular exercise as it utilizes upper-body muscles to paddle out to the waves, and leg muscles to navigate the surf board as you get up and ride. Always an intense core workout, the waves actually provide resistance to the body and this is an excellent way to stay fit and agile.

Balance is a huge part of staying up on the board and riding the waves, as this skill can aid the surfer at many other tasks and sports. Climbing, hiking, one-on-one sport games and dancing become easier to accomplish.

The nature of the surfing environment with being under the sun's effects maintains Vitamin D levels, regulates calcium and phosphorus in the blood and promotes growth of new skin cells.

Your body is put through constant changing movement on the surface of the ocean. Thirty to sixty minutes of active surfing, depending on the weight of the surfer can burn up to 250 calories per hour.

Physical exercise of any kind, but especially exercise that doesn't feel like exercise offsets the all the negative effects of stress. Being outdoors in nature is up-lifting. Taking care of the body can be monotonous, yet millions of people spend thousands of hours in fitness centers.

The sport and skills to learn how to surf is not easy. It takes time and perseverance for progress to take place. But overcoming any fear or discomfort is more than rewarding, it is an achievement of a goal and a life-time membership into the gym of the sea!



FEATURED PRODUCT

**MISS DIOR
HAIR MIST**

With the overload of hair perfumes and mists on the market, Dior sets itself apart from the cotton candy smelling, younger sister beauty routine. It's bouquet of citrus and floral notes leave the feeling of elegance at the turn of the head. In ancient Egypt, pleasant smells were associated with the gods.

\$48 | dior.com



➤ BLOOD TYPE DIET

Many people cling to any new, quick fix, fad diet idea that comes their way. The thought of being able to lose weight easily is attractive. The Blood Type Diet, created by Peter J. D'Adamo, is one such diet. It claims that eating specific foods based on your blood type will help you lose weight and be healthier.

Type O Blood

Those with Type O blood should eat a diet high in proteins such as lean meat, poultry, and fish, according to this plan. They should also eat plenty of vegetables. Avoidance of grains, beans, and dairy is advised.

Type A Blood

Those with Type A blood should eat a diet rich in fruits and vegetables while on this diet. These should be organic when possible because Dr. D'Adamo maintains that those with Type A have sensitive immune systems. All types of meat should be avoided by those with this blood type.

Type B Blood

On the Blood Type Diet, people who have Type B blood should eat a plethora of green vegetables along with eggs, certain meats, and low-fat dairy products. They should avoid all foods with chicken, corn, wheat, lentils, tomatoes, peanuts, and sesame seeds.

Type AB Blood

Dr. D'Adamo suggests that people with this combination Type AB blood have low stomach acid. Thus caffeine, alcohol, smoked, and cured foods should be avoided. These people should concentrate on fresh fish, dairy, tofu, and green vegetables.

Does the Blood Type Diet Work?

You will likely lose some weight when you use the Blood Type Diet because it limits all processed foods and refined sugars for all blood types. In addition, each blood type only has a limited number of approved foods that you can eat which may also be helpful in weight loss. Nonetheless, there have been no studies showing that there is any actual link to blood type. For example, one study showed that all adults following the Blood Type A diet lost weight, regardless of their blood type. Additionally, a major review of the Blood Type Diet in 2013 showed that there was no conclusive evidence that the diet actually works.



➤ PAIN RELIEF VS YOUR LIVER

Our bodies are phenomenal in performing miraculous feats containing internal organs that work to keep us alive. Our largest organ besides our skin is our liver, which is constantly filtering everything we eat, drink, swallow, inhale or inject. It's a Herculean organ, but it is self-cleaning and if we are constantly expecting it to take care of what we ingest without taking care of it, the effects can be harmful.

What some of us fail to understand is that any medication, whether from the pharmacy or the herbal health store, goes through changes when filtered through our liver. Those byproducts and its build up can be toxic. Acetaminophen is found in nearly all cold, flu and pain remedies in the drugstore. Prescribed use has been caused for concern by doctors for being instrumental in liver failure. Oxycodone can cause liver enzyme production which damages this vital organ, as does Percocet, Vicodin, and Lortab.

The interaction of medications with another can cause complications for even the healthiest. Mixing pain relievers with alcohol can cause death, and children should never take aspirin because of its link to Reye's Syndrome (swelling of the liver and brain).

Herbal pain relievers are touted to be safe, natural and better for us, but that is not entirely true. Several can be toxic: Black Cohosh, Gordoloba and Kombucha teas and Valerian when combined with Skullcap can cause damage. Because herbal supplements are not monitored by FDA regulations in the same way that pharmaceuticals are, we can't know exactly what is in each product, or what how it might affect us. Online vendors may guarantee that their "liver cleanses" will reverse liver disease, but they do nothing. Always consult your doctor on any medication and ask about the side effects.

► 11 QUESTIONS WITH

COLLEEN ELIZABETH

PHOTOS BY GREG WOODSON

How did you get started in the fitness industry?

I kind of fell into it actually. I wanted to get in shape more so I would get more work modeling-wise. Once I started to see the weight come off and how great I started to feel I wanted to keep it up. It's amazing what you can do once you put your mind to something!

What is the most challenging thing about being a fitness model?

I think it's sometimes difficult when traveling to find time to work out and eat right. Airport food isn't always the healthiest and most hotel gyms don't have a lot of the machines I use on a regular basis. So you have to improvise your routine and be a little conscious of food/drink choices so you don't mess up your hard work.

What products and supplements do you swear by?

I use Stance Supplements for their Thermogenics and BCAA. I tend to mix up my protein shakes afterwards though.

Do you ever encounter stereotypes with the way you look?

I think the biggest one I get is that when I go into a gym that people assume I need help. I don't think I'm as muscular as a lot of fitness models, so I still get the damsel in distress type attention from some guys at the gym. Even though I'm smaller, I'm pretty strong and so I love the looks of their faces when I do heavy weights or ask if they need a spotter. The best is when guys don't put their weights away and I pick them up and say 'oh don't worry I got this' and put back a 100 lb weight.

What is your current training style / routine / split?

I mostly lift weights and then I'll do the stair climber or go for a run, but my favorite way to do cardio is dancing!

What are your favorite clean foods and splurge foods?

I like egg white omelettes, tuna, and salads that I load up with plenty of veggies and top with a vinaigrette dressing. As for cheat foods I am a big fan of cheese, so I love pizza, cheeseburgers and cheese fries. I don't get to eat them as much as I want to, but they are tasty when I do!



What are your go to exercises for glutes?

Squats, donkey kick backs, and hip thrusts.

If you were trapped on an island, what 3 things would you bring with you?

A toothbrush, a Swiss Army knife, and my phone to try to call for help!

What tips do you have for a beginner at the gym?

Definitely go light on anything you do whether it be weights, running, any type of biking etc. You might be working out next to someone who is stronger, has more endurance or an expert who has been doing an exercise for awhile. Don't

compare yourself or think you need to keep up; one wrong move and you can seriously injure yourself.

If you saw someone with horrible form at the gym every single day, would you give unsolicited advice, or just let them be since no one ever likes unsolicited advice?

I would give them a pointer with a smile. Better to have them have the knowledge and see how it's done then really hurt themselves. If they don't take my advice that's their choice.

Gym romance: yay or nay?

I have met past significant others in the gym so I don't put it past me. I then know they are into working out just like I am!



FITNESS
GURLS



➤ HALITOSIS: NOT JUST BAD BREATH

Halitosis is more commonly known as bad breath. It is a condition that no one wants to have or deal with. Not only is it embarrassing, it can mean there are more serious underlying problems. Nearly one in every five people have dealt with halitosis for one reason or another in their lifetime.

Halitosis or bad breath isn't always a sign of a serious condition, but occasionally there is something more to be worried about. Most often, the cause of halitosis is from the food and drink a person is consuming such as onions, coffee or garlic. Even some oral medications, dehydration and dry mouth are culprits to bad breath.

Poor dental hygiene is another reason someone may be dealing with halitosis. Obviously, regular brushing and flossing can help cut down on bad breath. But no amount of brushing will help a decaying tooth which can be the source of the stench! This is why regular dentist visits are crucial.

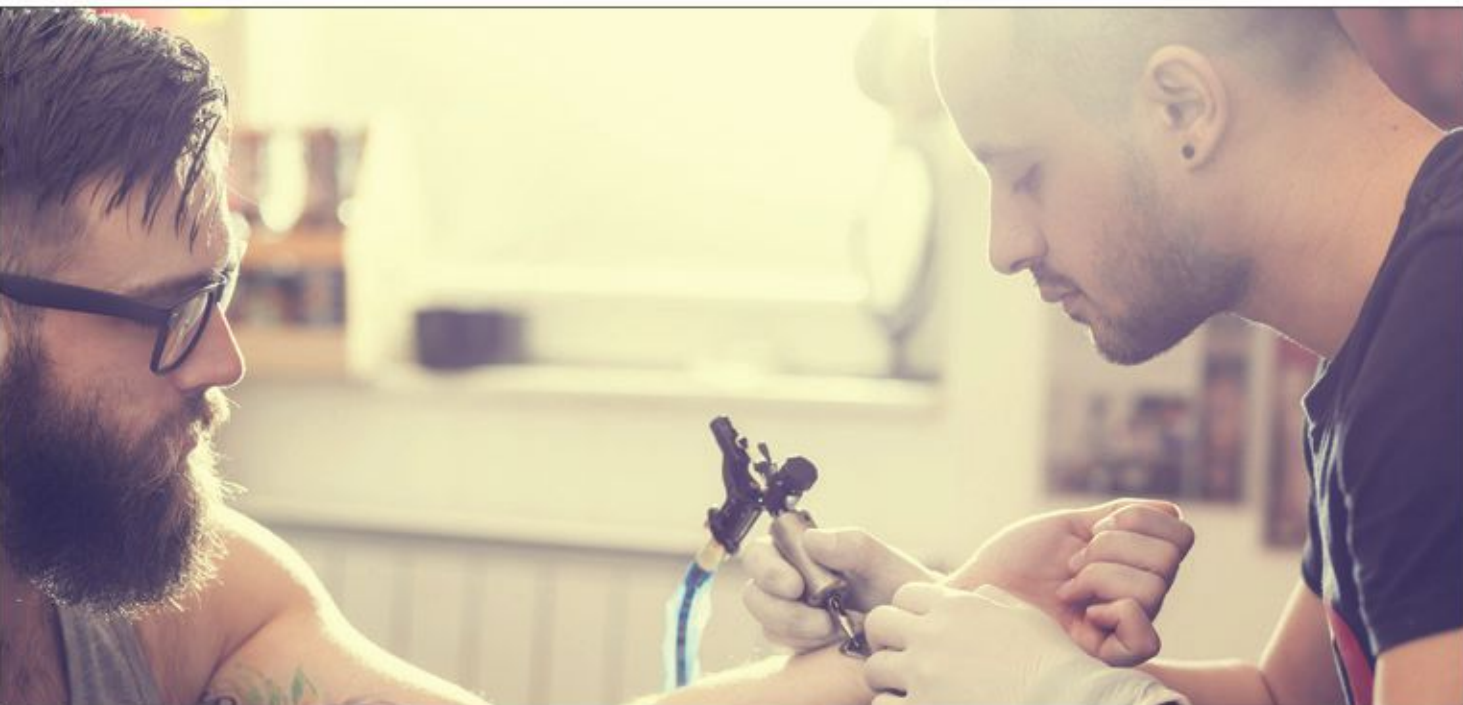
Halitosis can also point to something a bit more serious. It is a good idea if you are dealing with chronic halitosis that doesn't seem to be remedied with regular brushing, flossing and mouth rinses, that you get checked for something more serious. A common problem that could be causing the halitosis are sinus issues. A sinus infection or a foreign body in the sinus cavity could be causing the halitosis. Tonsil conditions can also be an issue to check out if you have unexplained halitosis. Inflamed tonsils or tonsil stones, which are caused by debris which has been calcified, are some problems with the tonsils that could cause bad breath.

➤ TV VS. INTERNET

It is a common theme of history that an older generation will mistrust and fear that which they don't understand, especially the habits and cultures of the younger generation. The internet and television are a good example of this theme in modern times. In the 80s, the older generation was certain that the TV was creating a world of brain-dead zombies, existing only to funnel violence and entertainment into their heads via the colored tube. This turned out not to be the case, and the television became an accepted part of people's daily life. Today, the generation raised on television is making the same claim about the internet that their parents made about the television. Namely, that the internet is corrupting and destroying today's youth, and the content and ubiquity of the global network will surely destroy our people, nation, and culture.

In reality, the introduction of television and the internet has not had a statistically significant impact on violent crime, sexual proclivities, or cultural depth. According to FBI statistics adjusted for national population, the trend in violent crime does not correlate in any way to the introduction of TV or the internet. Similarly, rates of teen pregnancy, the increase of which is often cited as an evil of television or the internet, has not been statistically impacted by either. In fact, better education and wider acceptance of birth control measures has resulted in a marked decrease in teen pregnancy and unwanted pregnancies since the mid 1990s.

Throughout history, the theme of one generation fearing the culture or technology of a later generation has been consistently present. In rare cases it is justified, however in the case of the television and later the internet, statistics show that the introduction of new technology did not significantly help or hinder the development of the nation's youth. It is, as it has been in the past, the people and community that children live in, not the technology they utilize, that has the greatest impact on their lives.



INKED: HOT, OR NOT?

AND SHOULD YOU GET ONE

Women are attracted to a number of different physical characteristics that men possess such as height, stature, build and even hair. This scouting of certain traits is part of our biology as humans. In the past couple of decades, more men have taken to getting heavily tattooed. Is the plethora of ink hot or not for women though?

Ultimately the question on whether men with tattoos is hot or not is a matter of opinion. Every woman has a different response to tattoos on men. The majority of young women today view tattoos on men positively.

A survey conducted by John D. Moore PhD revealed that the majority of women are attracted to men with tattoos. Fifty women participated in his survey and about 98% said that they find men with tattoos attractive. About 85% of the survey participants said men with tattoos seem more fun. A staggering 78% said men with tattoos come off as more masculine.

The reason some women might find men with tattoos attractive is based on an attraction to individuality. With online dating being insanely popular now, having a unique tattoo or tattoos, a beard, piercings, bright colored or stylish clothing and male jewelry may be the only way to really stand out from the crowd of other males on dating sites or apps.

Studies however, find that women who are attracted to tattoos on men are very particular about what the tattoo or tattoos are. For instance, women don't care much for cartoon character, tribal, racist, sexist or overly common tattoos on men. Tattoos that are too common are seen as an indicator that the man is unimaginative. If a man has tattoos he drew himself or have a special story, that makes him more attractive to women. Men that are overly tattooed, and same goes for women who are overly tattooed, are not seen as that attractive. Another factor in what makes a woman think tattoos on men is attractive is if he has a

fit body or not. An unfit guy with tattoos is seen as unattractive.

Women that do not find tattoos attractive are typically more traditional thinkers. They do not want to be with someone who is covered in tattoos because they like men who are happy with just being themselves without having to morph their physical form. The more traditional thinking ladies also worry that men with a lot of tattoos will someday have saggy skin and the tattoos will no longer be visible. Some women have also begun to dislike tattoos on men because it is so common nowadays. These women call tattoos on men just plain "boring" and a sign that the guy is likely vain.

The truth is that some women will like tattoos on men, and others will be turned off by it. If you do have a tattoo though you are in luck, because it is likely the women who are turned on by ink will approach you.

WE ASKED 50 WOMEN
THE 3 MOST
ATTRACTIVE TATTOOED
MEN IN HOLLYWOOD



DAVID
BECKHAM
Women love
that reformed
bad boy image.



DWAYNE
JOHNSON
Well, because
he's the mutha
f**kin' Rock!



ADAM
LEVINE
Being a Rockstar
with a hit TV Show
sure doesn't hurt.



➤ LIBIDO BOOSTERS

Men with a low libido is a common health issue, however, it is not always necessary to go get a prescription to treat the issue. There are several over the counter supplements that have shown to work on this sensitive issue.

L-Citrulline & L-Arginine

According to WebMD, once in the body L-citrulline converts to L-Arginine. L-Arginine is an amino acid that also comes in supplement form, but is also found in some of the things we eat each day such as red meat, fish, and dairy. Amino acids are the building blocks of protein. Once this amino acid is in your body, it turns into nitric oxide (NO). Although erectile function is not exactly the same as loss of libido, one generally causes the other. Erectile dysfunction is partly caused by poor circulation, and nitric oxide causes blood vessels to dilate or widen, which helps with circulation.

Yohimbine

Another supplement to help boost libido is Yohimbine. According to Men's Fitness, this supplement improves sexual performance by blocking certain neurotransmitters in the brain and by increasing the release of nitric oxide, which we know helps widen blood vessels in the penis.

DHEA (dehydroepiandrosterone)

This synthetic hormone supplement is another option. It is available in many forms including tablets, capsules and drops. According to Medical Daily, DHEA is a precursor to male sex hormones, and once consumed into the body is converted into a hormone called androstenedione, which is then changed into the major male hormones.

Panax Ginseng

Ginseng aids in the relaxation of muscles in the penis, and it increases dopamine levels. Dopamine is a neurotransmitter that helps control the brain's reward and pleasure centers. Panama Ginseng also increases pressure in the cavernosal nerves of the penis which helps nitric oxide synthesis.



➤ CBD: THE ANTI-DRUG

Cannabidiol, commonly known as CBD, is a hemp oil that is one of the primary oils in the cannabis or marijuana plant. Historically, marijuana has been associated with a long list of "bad" drugs. That list includes drugs that are addictive and have many negative side effects. However, the findings that marijuana impairs physical and mental functioning, lowers blood pressure and causes heart palpitations, were the result of studying the leaves and flowers of the cannabis plant. More recently, medical researchers have begun to study the plant's oils, with some amazing results.

Cannabis contains a number of chemicals, but the major ones are THC and CBD. THC can in fact make you high, and this is why marijuana has been used as a recreational drug for many years. However, CBD oil has been found to have a wide scope of medical applications, without the negative side effects. The trick is to genetically engineer marijuana to raise the levels of CBD, or to produce CBD oil independently.

In studies where CBD oil has been isolated, the list of positive medical benefits is impressive. CBD reduces nausea and vomiting, serves as an anti-inflammatory to relieve pain, and protects and moisturizes the skin. It is an anti-oxidant so it reduces the occurrence of tumors and cancer cells. CBD oil also has neurological benefits. Doctors have found that it can be used to treat anxiety and depression, suppress seizures, and reduce the likelihood of dementia.

CBD oil is not yet legal in all parts of the United States, but clearly the perception is changing. There will be a day in the not too distant future when you will be able to find this chemical on the "good" drug list where it rightfully belongs.

FAVORITE THINGS

ATHLETES ON THE GO EDITION



Old Spice: Antiperspirants and deodorant (Fiji) I spend my life in the gym running around, demoing movement and workouts, so I sweat all day and start to smell. Therefore, I need the 2 in 1 deal. Also, Fiji just smells like the beach.



American Crew: Forming cream:

I take my hair very serious and I need the best stuff to my hold it together. Looks more natural then the helmet head look you get from gel. More hip, not so 50s mobster.



Anthony's Facial Scrub:

Gives my face that clean clear feeling. I can feel like shit in the morning, but after using it in the shower I can seriously kick the shit out of the day.



KENNY SANTUCCI

Crossfit Games Athlete and Elite Trainer

IG: @kennysantucci



GABRIEL ROSADO FAVORITE CLOTHING BRANDS

- Adidas for sports wear. I find their clothes and running shoes very comfortable.
- Sandro Paris has the best jackets.
- Embellish jeans look and feel great.
- Retro Jordan's of course. I'm a huge Jordan fan!
- Alexander Wang shirts very comfortable and great material.

Gabriel Rosado is a Pro World Champ Boxer
IG: @kinggabrosado

HEALTHY • GOOD • TASTY • ALTERNATIVES

THE FOOD

A stack of approximately ten slices of meat, likely beef or pork, arranged vertically. The meat is cooked to a medium-rare doneness, showing a pinkish-red interior and a dark, charred exterior. It is heavily seasoned with a dry rub or spice blend, visible as small white and yellow specks on the surface. To the left of the stack, a single sprig of fresh rosemary lies diagonally. The entire composition is set against a dark, textured background, possibly a slate or stone surface, which adds to the rustic and gourmet feel of the image.



MOROCCAN STEAK WITH ROASTED PEPPER COUSCOUS

Ingredients:

2 medium bell peppers
1 tsp ground cumin
1 tsp ground coriander
3/4 tsp salt
1/2 tsp ground turmeric
1/2 tsp ground cinnamon
1/2 tsp ground pepper
1 whole lemon
1 tsp extra virgin olive oil & 1 Tbsp divided
2/3 cup whole wheat couscous
1 lb skirt steak or sirloin steak 3/4-1" thick
2 Tbsp chopped green olives

Instructions:

- 1) Position rack in upper third of oven; preheat broiler.
- 2) Place bell peppers on a baking sheet and roast under the broiler, turning every 5 minutes, until charred and softened, 10 to 15 minutes. Transfer to a clean cutting board; when cool enough to handle, chop the peppers into bite-size pieces.
- 3) Meanwhile, combine cumin, coriander, salt, turmeric, cinnamon and pepper in a small bowl. Grate 1/2 teaspoon zest from the lemon. Juice the lemon into a 1-cup measure and add enough water to make 1 cup. Pour into a small saucepan and add the lemon zest, 1 teaspoon of the spice mixture and 1 teaspoon olive oil. Bring to a boil. Stir in couscous, cover, remove from heat and let stand.
- 4) Heat the remaining 1 tablespoon oil in a large skillet (preferably cast-iron) over medium heat until shimmering (but not smoking). Rub the remaining spice mixture on both sides of steak. Cook the steak 2 to 3 minutes per side for medium-rare. Let rest on the cutting board for 5 minutes. Stir olives and the peppers into the couscous. Thinly slice the steak and serve with the couscous and lemon wedges, if desired.



SPICY TURKEY CHILI

Ingredients:

2 Tbsp vegetable oil
1 medium red bell pepper, medium dice
1 medium yellow onion, medium dice
2 medium garlic cloves, coarsely chopped
1 pound ground turkey
3 Tbsp chili powder
2 tsp kosher salt, plus more as needed
1/2 tsp dried oregano
1/2 tsp ground cumin
1/8 tsp cayenne pepper
1/8 tsp ground cinnamon
1 (28-ounce) can diced tomatoes
1 cup low-sodium chicken broth or stock
2 (14-ounce) cans cannellini beans, drained & rinsed
1 bay leaf

For Serving:

Cheddar cheese, Sour cream, Tortilla chips

Instructions:

- 1) Heat the oil in a large pot or Dutch oven over medium heat until shimmering. Add the bell pepper, onion, and garlic, season with salt, and cook, stirring occasionally, until the vegetables have softened, about 5 to 8 minutes.
- 2) Increase the heat to medium high, add the turkey, and cook, breaking it up into smaller pieces with a wooden spoon, until it's no longer pink and is just cooked through, about 4 to 6 minutes.
- 3) Add the chili powder, measured salt, oregano, cumin, cayenne, and cinnamon, stir to coat the turkey and vegetables, and cook until fragrant, about 1 minute.
- 4) Add the tomatoes and their juices as well as the broth or stock, stir to combine, and bring to a simmer. Add the beans and return to a simmer. Reduce the heat to medium low, add the bay leaf, and simmer, stirring occasionally, until the flavors meld, about 30 minutes.
- 5) Remove the bay leaf. Taste and season with additional salt as needed. Serve with cheese, sour cream and chips.

"A BIG BOWL OF THIS HEARTY HIGH FIBRE AND PROTEIN CHILI WILL WARM UP YOUR INSIDES TO BRAVE THE WINTER AHEAD"

SPICE IT UP! HEALTH BENEFITS OF SAFFRON

Used for thousands of years as a spice and for its medicinal and healing qualities, saffron is made of the yellow flower stigmas of a beautiful purple crocus. Because these flowers need to be picked by hand, the spice is expensive. Yet, to both cooks and natural healers, it's worth its weight in gold.

The volatile oils found in the precious stigmas include safranal, which gives the spice its flavor. There are also oils such as phenethenol, cineole, pinene and p-cymene and terpin-4. Saffron is also full of compounds related to or derived from carotenoids, which give carrots and yellow peppers their yellow color and also give a golden color to the crocus stigmas. These are not only pigments but anti-oxidants, which help protect the cells against the molecular damage that can lead to infections and malignancies. The carotenoids also regulate the immune system.

The compounds and oils in saffron make it an excellent anti-inflammatory herb. It also revitalizes the blood and is even a source of hydrochloric acid. This helps the body metabolize glucose and fat more efficiently. It also supports the health of the spleen, liver, kidneys and heart. Saffron also neutralizes uric acid, which can lead to gout if it is found in the body at elevated levels and is good for other forms of arthritis as well. Saffron is used to reduce the build-up of lactic acid in the muscles so it's great to take after exercise as well!



ROASTED WINTER VEGETABLES

Ingredients:

1lb carrots, peeled
1lb parsnips, peeled
1 large potato, peeled
1 small butternut squash, peeled and seeded (about 2 pounds)
3 Tbsp extra virgin olive oil
1 1/2 tsp kosher salt
1/2 tsp freshly ground black pepper
2 Tbsp chopped flat-leaf parsley

Instructions:

- 1) Preheat the oven to 425F degrees
- 2) Cut the carrots, parsnips, sweet potato, and butternut squash in 1" to 1 1/4" cubes (the vegetables will shrink while baking, so don't cut them too small)
- 3) Place all the cut vegetables in a single layer on 2 baking sheets. Drizzle them with olive oil, salt, and pepper. Toss well. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.
- 4) Sprinkle with parsley, season to taste and serve hot.

HEARTY BEEF STEW

Ingredients:

1/4 cup all-purpose flour
1/2 tsp salt
1/4 tsp pepper
1.5 kg boneless beef blade roast cut in 1-inch (2.5 cm cubes)
3 Tbsp butter
1 Tbsp vegetable oil
2 sticks of celery diced
1 onion diced
2 tablespoons tomato paste
1/2 cup dry red wine
450 g mini white potatoes scrubbed and quartered
3 large carrots cut in 1 1/2" thick chunks (halve bigger pieces)
10 sprigs fresh thyme
6 sprigs fresh parsley
2 bay leaves

3 cups sodium-reduced beef broth
1/2 tsp Worcestershire sauce
3/4 cups pickled cocktail onions drained and rinsed
3/4 cups frozen peas

Instructions:

- 1) In large bowl, whisk together flour, salt and pepper; toss with beef to coat.
- 2) In large Dutch oven or cooking pot, heat 2 tbsp of the butter and the oil over medium heat and working in small batches, cook beef, stirring, until browned (about 20 minutes total). Using slotted spoon, remove to bowl and set aside.
- 3) Preheat oven to 350F
- 4) Add remaining butter to pot and cook celery and onion over medium heat, stirring occasionally until softened (about 5 minutes).

Add tomato paste; and stir for 2 minutes. Add wine and stir while scraping up browned bits for 2 minutes.

5) Return beef and any juices to Dutch oven. Add potatoes, carrots, thyme, parsley and bay leaves. Stir in broth and Worcestershire sauce; bring to boil, stirring occasionally to loosen any remaining browned bits from bottom.

6) Cover pot and braise in oven for 45 minutes. Stir in cocktail onions, cover and braise for another 15 minutes. Uncover and return to medium heat and cook until vegetables are tender and beef offers no resistance when pierced with tip of knife (30 to 40 minutes). Stir in peas; and cook for 5 minutes.

7) Skim any fat from surface of stew and remove thyme, parsley and bay leaves. Let stand for 10 minutes before serving.

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SWEETS

PHOTO BY LIZ ROSA | WITH FITNESS MODEL HEIDI CANNON

The longer the process, the sweeter the outcome is usually the case. Although most of us would favor having more time to do things, the bottom line is that patience is a commodity! So what do you think usually happens to eating healthy when you're always on the run? It takes the B side to super convenient, yet super unhealthy food options.

Well, fear not! Magnum athlete Heidi Cannon shares her delicious, yet super simple (think throw everything in a bowl and mix type of simple), high protein and low fat dessert recipes in these pages just in time for holiday baking!

**“A BALANCED
DIET IS A CUP
CAKE IN EACH
HAND”**

Whether you're making these for your kids' bake sales, office cookie exchange or parties, no one will ever notice that these are the 'better for you' versions of their favorites! Sweet, moist and delicious should always be requisites when it comes to holiday treats!

SWEET POTATO CUPCAKES WITH PEANUT BUTTER FROSTING

2 Eggs
1 Cup Vanilla Protein powder
1 Cup sweet potato
2 tsp baking soda
4 Packs Trivia sweetener

Blend above ingredients together with mixer and pour into non stick muffin tins, bake at 350 for about 25-30 mins or until lightly brown on top.

Frosting topping

2 tbsp peanut butter
1/4 low fat cream cheese
1 tsp Vanilla extract

Blend with mixer and spread on top of cupcake when cool.

Make 18 cupcakes.

Per Cupcake

Cals - 125.8
Fats - 5.42
Carbs - 21.06
Protein - 8.97

BERRY BOMB MUFFINS

3 Bananas
3/4 Cup of fruit of choice (I used Blackberry's / Strawberries)
1 Apple
1/4 Cup coconut flour
3 tbsp walnuts
1 tsp vanilla extract
1/2 Cup Vanilla Protein powder

Blend with mixer and pour into non stick baking tins. bake at 350 for 15-20 mins or until golden brown.

Makes 8 Muffins

Per Muffin

Cals - 230
Fats - 30.4
Carbs - 23.58
Protein - 15.8

CHOCOLATE CHIP PEANUT BUTTER COOKIES

1/2 Apple sauce
1 Cup Peanut butter
3 tbsp Chocolate chips
1 tsp Baking soda
1 tsp Vanilla extract
1 1/2 Cups Oatmeal
1 Pack Trivia sweetener
1 Cup chocolate Protein powder

Makes 48 cookies

Mix above ingredients together and bake for 8-10 mins or until golden brown (these cookies bake fast! so be sure to stick by the oven and keep watch)

Per cookie

Cals - 22.9
Fats - 1.63
Carbs - 1.56
Protein - 3.34

RASPBERRY CHERRY OREO CAKES

1 Cup Plain Cream cheese Greek yogurt
5 Large Cherries
1/3 Cup Raspberry
2 Scoops Vanilla Quattro Protein
2 tsp Stevia berry flavor sweetener
3 Oreo Cookies

With a mixer blend Greek Yogurt cream cheese, Berry's and Quattro Protein in a large mixing bowl.

Pre spray cupcake tins with coconut oil. Separate each Oreo and scoop remainder of icing from Oreo into cake batter. Bake at 350 for 15-20 mins or until cakes are browning on top. Let cool for 15-20 minutes before serving

All nutritional info is based on one cake. Recipe makes 8 cakes.

Protein = "9.7g" Calories = "156"
Fat = "8.65g" Carbs = "11.23g"

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WHERE FITNESS IS A LIFESTYLE

FITNESS
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FOCUS

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PHOTOGRAPHY BY LHGFX



RING GURL FIT // ABDOMINALS

ARIANNY CELESTE

FITNESS
COLUMN

PHOTOGRAPHY BY **LHGFX**  @ARIANNYCELESTE

THE KEY TO KEEP THE ABS CONSTANTLY TAUT IS TO INCORPORATE EXERCISES THAT TARGET ALL POINTS OF THE ABDOMINALS: UPPER, LOWER AND OBLIQUES.







FITNESS GURLS RING GURL FIT // ABDOMINALS

When your uniform is a midriff baring sports bra and shorts, you sure as hell make sure you do the outfit justice. While UFC fighters job is to win, UFC ring girls' role is to showcase the upcoming round and look damn good while doing it! When the girls are doing their thing holding the ring card up high with their taut tummies exposed, there's no escaping the thousand sets of live eyes from the audience and millions of viewers worldwide from admiring their physiques. In this section, veteran ring girl Arianny Celeste takes us through her ab routine that has her fight ready each time.



DID YOU KNOW ARIANNY CELESTE
GROWING UP AS A VERY ATHLETIC AND HARDWORKING YOUNG WOMAN, ARIANNY EXCELLED IN CHEER, DANCE AND GYMNASTICS BEFORE ATTENDING THE UNIVERSITY OF NEVADA LAS VEGAS (UNLV) TO PURSUE A DEGREE IN FITNESS MANAGEMENT AND NUTRITION.

PIKES

Position yourself in a push up position with the apex a stability ball between the middle of your shins and top of your ankles. While pressing down on the ball with your feet and legs straight, use your abs to pull the ball in so that your body is 90 degrees at the finish position.

BOSU ALTERNATING TOE TOUCH

Lay on the Bosu ball with the small of your back just below the apex and butt off the ground. As you contract your lower abs to raise one leg, use your upper abs to lift your upper body and reach for your toes with the opposite hand. Return to start position and repeat on the opposite side.

PLANK WITH ALTERNATING LEG LIFT

Get into a push up position on the floor, but have your forearms flat on the ground and both elbows directly below your shoulders. Your core should be engaged, and your body a straight line from your shoulders to your toes. Lift one leg as high as comfortable and hold for 5 seconds. Repeat on other leg.

MEDICINE BALL TOE TOUCH

Lay on the floor with legs flat and arms stretched above your head holding a medicine ball (beginners should start with a ball that's on the lighter side i.e.: 2-5lbs). While lifting your legs up, simultaneously use your abs to lift your back off the ground and aim the ball towards your toes.

While ab training create muscle separation and depth that is the actual "six pack", attaining a certain level of leanness through diet and cardio will make the abs more prominent and defined. Everyone leans out at a different rate, CLA (conjugated linoleum acid) may aid in targeting fat in the mid section. CLA helps to lower cortisol levels which results in the storage of fat in the mid section.

SIDE PLANK

Lay on the floor on one side with forearms on the ground for stability and elbows directly under the shoulder. With your stomach tight, lift your hips off the ground so that your body is straight. Raise your top leg as high as comfortable and hold for 10 seconds. Repeat on opposite side.

Pikes 15 reps

Bosu Alternating Toe Touch 20 reps total

Plank With Alternating Lift 20 total

*Superset for 3 sets

Medicine Ball Toe Touch 15 reps

Side Plank 10 total

2 STEPS TO SIX PACK ABS

First off, I want to mention that, for most people, getting six pack abs is not an easy task. It requires dedication, but it is possible! Below is a general 2-step guide that, if followed religiously for 3 months, will produce results.

STEP 1: NUTRITION

This is the single most important part of the puzzle, hands down. You can have the most impressive set of abs, but if they're covered with a layer of fat, you won't see them! Break up your day with 5 or 6 mini-meals because this jump starts your metabolism. Also, stop eating the food: white bread, loads of pasta, soda, candy, fast food, hydrogenated oils, sugars and fructose corn syrup.

Instead, replace them with foods that will help you reach your goal: oatmeal, olive oil, whole grain breads, fruits, vegetables, nuts, eggs, natural peanut butter, chicken, fish, protein powder and water. Be realistic- you'll slip here and there, but make a conscious effort to radically improve your eating habits because getting a six pack will be impossible if you don't.

STEP 2: EXERCISE

You need to concern yourself with 3 different elements: cardio, weightlifting and ab exercises. And aim to workout 3-4 times a week.

The cardio you do can be anything: walking, running, biking, swimming....whichever cardio you don't mind doing so that you'll stick with it. Aim for 30-45 minutes, a minimum of 2 times a week.

Weightlifting is important because 3 pounds of added muscle burns as many calories as a 1 mile jog...and this is while you're just sitting around! Aim for 30-45 minutes, a minimum of 2 times a week. If you're confused as to what exercises to do for each body part go to fitnessgurls.com for more information.

The last element you need to incorporate into your workout is ab exercises. Aim to work your abs a minimum of 3 times a week. There are a ton of different ab exercises you can do so try to find 3 or so that you enjoy doing so you can mix it up.

Tip: mix up your workout routine every 2 weeks to keep your body guessing and changing. Add or take away different weight or ab exercises, or at the very least, vary the weight, reps or form of cardio you do.

Well, there you have it. Follow the above for 3 months religiously, and while results will vary from person to person, you will experience improvement.

It will take dedication on your part, but imagine the feeling you'll get when you look in the mirror and like what you see.

SPOTLIGHT // FITNESS STAR **FITNESS GURLS**

HOLLY BARKER

PHOTOGRAPHY BY **LHGFX PHOTO**  **@HOLLSBARKSFITNESS**



▶ **E**VER SINCE HOLLY WAS A KID, SHE HAS ALWAYS BEEN AN OVERACHIEVER. THIS CARRIED ONTO HER ADULT LIFE AND NOT ONLY IS SHE A SUPER SUCCESSFUL BUSINESSWOMAN, SHE WANTS TO HELP OTHERS ACHIEVE THE SUCCESS SHE HAS HAD! OH, NOT TO MENTION SHE'S SUPER HOT WHILE JUGGLING HER CAREER AND STAYING ON TOP OF HER FITNESS!



GLAM CREDITS

Sweater by LULULEMON
Socks by SOXALITO
Hair and makeup by
CINDY STIRLING

For those who haven't had the pleasure of knowing you yet, please give a little background about yourself such as where you're from and how you were as a kid growing up.

I grew up on a farm in Saskatchewan and loved being outdoors while taking part in all sports and being active. I also loved everything that school had to offer from music to student exchange programs. Then in university, I discovered my passion for business as well as fitness which I fell in love with the art of transforming myself.

Your fitness career seemed to catapult when you decided to compete. But in hindsight, was there anything you would do differently?

I'm not sure I would do anything differently. There is no goal I have set that I have regretted. Every dream I've wished and goal I have set has brought me to this moment. This moment is sweet and I am more excited than ever to ride the peaks and valleys that are along the way to my continued optimal self. The fitness industry currently seems to have an over saturation of fitness models and trainers.

What advice would you give to someone new or already in the business to set themselves apart?

There is continued opportunity, I believe especially in the fitness field, to continue to promote your lifestyle. What will always add to your success, no matter how saturated your market, is your ability to provide consistent value, to be genuine, to listen to your audience and provide a service they are asking you for. Stay true to your values and what makes you shine and then continue to invest in yourself, learn and teach it forward.

With so many fitness models coming and going throughout the years, who in your opinion has withstood the test of time?

I love Larissa Reis and believe she just gets better. She is an incredible entrepreneur, genuine and incredibly strong and beautiful. I also love Emily Skye! She is beautiful and predictably consistent.

We all know that weight training is a fundamental part of fitness modeling, do you incorporate other types of training methods such as Pilates or boxing in your exercise routine?

I love incorporating amazing hikes!! I live on a trail system and love the ability to head out and hit the trails literally across the street for miles on end. I also love including Spin classes and hot yoga sessions as well as Float therapy and Cryotherapy for optimal mind body connection and repair.

Do you have any fitness competitions on the agenda or are you taking a break or retired?

The "want" to compete at this time is not a priority of mine, but I won't say I will never compete again. If it lines up with a goal I set in the future, then I will. But currently I am focusing on my optimal self and creating opportunities that align with optimal fitness and business as a FitnessPreneur. When you say yes to one thing, you say no to everything else.

You've been sponsored by Magnum for quite some time now. What are your favorite products you use from them?

Gosh...I love them all!! Depending on my goals and timing towards them, my stack continually grows with me...but right at this moment my favorite products are Quattro – the taste and recipes you can make with the different flavors allows me to feel like I'm never missing out or having to say 'no' to treats. I also love Hi5 for optimal hydration and energy and Carne Diem and After Burner for effective fat loss without stimulants.



ONE OF HOLLY'S FAVORITE PRODUCTS

For a superhero body, you've got to train like a superhero. Limitless by Magnum simulates the feeling of invincibility by boosting strength and power during your workout with the highest pharmaceutical dose of L-Citrulline on the market. L-Citrulline is the new industry standard out powering L-Arginine in protein synthesis and recovery. With focus like a razor and insane muscle pumps, watch yourself turn from zero to hero in no time flat.

HOLLY BARKER'S GO-TO BEAUTY SECRETS

1- COCONUT PULLING - I wake up each morning and I coconut pull - this is putting 1 tbsp of coconut oil in your mouth and swishing it around for 15 minutes. It helps to detoxify your body, decalcify bacteria so great for your teeth, it help whiten and remove stains and reduce inflammation.

2- COCONUT OIL FOR MAKEUP REMOVER - I wash my makeup off with coconut oil. It is great for you skin, removes the makeup without stressing your delicate eye area and pulls oil out of your pores.

3- COCONUT OIL FOR SUN SCREEN and sun burns - I use coconut oil for an amazing sunscreen and on the opposite I also use it as an amazing way to soothe and heal any sun burns

4- AVOCADO OIL FOR SMOOTH SKIN - I apply this after showering. It is an amazing moisturizer for your entire body!

5- BAKING SODA/COCONUT OIL FACE MASK - mix the two together into a paste. Apply to your face avoiding your eyes and leave on for 10 minutes - this concoction detoxifies your skin, reduces inflammation or impurities, exfoliates dead skin cells, reduces uneven skin tones and sun spots and the appearance of large pores and blackheads

6- EPSOM SALT, BAKING SODA AND ESSENTIAL OIL BATHS - I love finishing the day with this bath!! Adding these ingredients to your bath is amazing for detoxification, reducing stress, inflammation, muscle soreness and enhances your ability to repair and recover from the days' activities.

7- LEMON WATER - I start each morning and end many nights with a warm lemon water. I also add lemon to my pre-workouts, Intra-workouts and my water throughout the day. It is great for your digestive system and your bodies ph level. A balanced ph helps to relieve stress and enhance energy levels.

FITNESS
GURLS



ICON // INDUSTRY STANDARD

JASON POSTON

PHOTOGRAPHY BY **JUSTIN MARTIN PHOTO** @JASONPOSTON

Jason, for our readers who haven't had a chance to know you yet, please tell us where you're from and what's your claim to fame.

I am from Dallas, Texas where I've lived most of my life. I started my passion for fitness at age 19 right out of high school and quickly knew I wanted a career in fitness. I received awards in Dallas for top personal trainer and group fitness instructor. I had dabbled with fashion modeling but was too short and muscular, so fitness modeling became and interest in my mid 20s. I won a few fitness model searches before their was Men's Physique in the NPC and IFBB. So when this new division was announced, I knew I had what it takes to be successful yet I happened to be very sick that year and lost 50lbs of muscle. I was diagnosed with type 1 diabetes and had to change my whole life at age 29. I couldn't eat the way I used to and do the sports activities I used to, so I moved to a more stable dietary and workout lifestyle in bodybuilding. Less sports and more focus on weights. I learned new techniques to live with type 1 diabetes and become more successful than most diabetics controlling the blood sugar. The close attention to diet in bodybuilding helped control diabetes a lot! I did my first NPC show 8 weeks after diagnosis and I quickly won my first show soon after. I won my pro card just 9 months after being diagnosed. And then it was onto the pro level where I placed top 3 in my first show. At the pro level I have competed in over 20 shows and won 5. Also placing top 3 at the physique Olympia. I have competed in all 4 physique Olympia

shows since the division was announced at the Mr.Olympia. A simple goal to overcome a disease turned into a great career and travel the world.

You've pretty much been a Men's Physique competitor since its inception in 2012. What made you decide to compete?

I only wanted to compete to have a new challenge to face and keep my mind active with type 1 diabetes. Competing was a great example to my clients that you can do anything you put your mind to. Someone told me no man had every competed at Olympia as a type 1 diabetic so that was a major goal when it was announced. I accomplished that and more than I ever thought I could. Determination and consistency in workouts and dieting truly pays off.

How has your physique changed from when you first became an IFBB Pro and do you adapt your training program from feedback or the "look" they're going for that year?

As I continue to live the bodybuilder lifestyle, eating, sleeping, lifting and recovering is important.

My body continues to grow about 4.11lbs a year. I am at the border line of being too big for physique, but I like my body and want to continue growing as long as I still keep that aesthetic look. I don't want a massive physique, but more of a functional and appealing one that still fits in nice clothes. My feedback from the judges won't effect how I build my body. They don't say I have any specific weak points, but that it's more of my conditioning being too lean or being flat on stage (2016 Olympia). Preparing

for a contest with type1 diabetes causes many issues that others don't deal with, so the fact I can look close to them keeps me happy. I know I can win IFBB shows so it just comes down to the science aspect of my diet with diabetes. There is a lot of details that are too much to even discuss in this article. Let's just say its like the rocket science diet of bodybuilding.

Having said that, you recently announced that you're leaving the MP division behind and jumping over to Classic Physique! Why the change?

Plain and simple I want to flex!! I want to perform a routine that I come up with to the music of my choosing. I want to try a different presentation that will showcase my physique more than being in Men's Physique. With the mandatory poses in bodybuilding, I think I get to show off my physique more than I could in MP. **Well, we're very excited to see you up on the Classic Physique stage next year! We know you're going to bring up your training to the next level. What is your training schedule like now that your goals are different?**

First off, I'm going to take a longer rest than I normally do. Chris Aceto and I worked together for my last show and I will continue to work with him for next year. But I'm looking to have a whole team behind me, like a boxer or MMA fighter whom have various trainers and coaches to kick my ass at the gym and push me harder.

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fitnessgurls.com





RISE // NEXT STARS IN FITNESS

EMMALINA

FITNESS
GURLSPHOTOGRAPHY BY **LHGFX** @EMMALUTION

Emmalina, you were introduced to wrestling at a young age like any other wrestling fan. But you actually started training for it in your early teens! What made you pursue wrestling instead of something more conventional like say, soccer?

I fell in love with wrestling at a young age and the passion never died. I didn't click with anything else like I did with wrestling. After watching wrestling for years since I was 8 years old, Trish and Lita amongst others became role models for me. They started to show the world that wrestling wasn't just about looks as they became some of the top competitors in the company. I couldn't help but think, why can't I do that!? I wanted to be like them.

You took very far as to pick up and move all the way to Canada to train. Along the way, did you ever think have a doubt or think, "hey, maybe I should go back to school or get a normal job"?

How did you shake the doubt off?
To be honest I never doubted my choices. I went out on a whim to follow a dream and I have no regrets. I went to university for a year after high school and although I did well and I was working towards something, it just didn't feel right and the passion wasn't there. I would have been mad at myself if I didn't at least try. Sure, it took moving overseas and years of training and working my way up the chain but it was all worth it and now I'm fortunate enough to have my dream job.

Did your parents try to dissuade you from being a wrestler? Or were they supportive of your decision?

My mother is my biggest supporter. If it wasn't for her, I wouldn't be where I am today. She knew how badly I wanted to make my dream a reality and when I wasn't old enough to drive a car she would drive me to training and shows! I owe her!

You made the rounds through many wrestling circuits. Was the WWE always your end goal? When did they find you and what emotions did you feel when they contacted you?

The end goal was always WWE. Being from Australia, I knew I needed to move myself overseas to make connections and get professional training to work towards that dream. This is when I first left home at 19 to move to Canada and train with WWE's Lance Storm. From there I continued on working for companies like PWA in Calgary and ECCW in Vancouver and worked on my craft until I finally felt ready physically and mentally to make the step and apply for a tryout.

I attended an open tryout in Tampa where I paid my way there from Canada and my accommodation plus the tryout fee. 50 + applicants competed for the week and at the end one person was awarded a contract on the spot, and that lucky person was me! I was completely overwhelmed and in disbelief! After years of sacrifice away from family and friends, scratching and clawing to get by working multiple jobs and sleeping on couches in basements, I had finally done it. I will never forget that moment!

What is it about you that you think stood out to the WWE?

Before going into the tryout I had done my research and all the attributes they look for when selecting talent for the roster. I made sure I wasn't seen until I thought I was ready physically fit and healthy and mentally ready to take on any tasks in ring. I'm also the first Australian woman to make it to the WWE so I'm sure that had some appeal.

We've seen promo leading up to your return to the WWE after your back injury and surgery (which we'll talk more about later). It's touted as "the Makeover of Emma" and what we see is quite different than the Emma we have come to know! What can we expect with the new and improved Emma?

Let's just say after all the years of hard work and sacrifice I'll be making sure the spotlight is finally on me and I can show the world that I am the best all around woman in the WWE.

Well, we're very glad your back surgery was a success. Was it a long period of time you had to refrain from any physical activity?

Thank you very much. I was off the gym completely for 6+ plus weeks fully. The surgery I had was to remove a full herniated disc that had ruptured in my spine and was pressing on the spinal cord. To do this they had to cut through all the muscle in my spine and then glue it back together. For the following 6 weeks I wasn't even able to lift a grocery bag or drive a car as we allowed the muscles in my spine to heal back together. After that period I slowly eased back into physiotherapy





at the WWE performance center for another 2 months. At which point I was physically cleared. It's been 6+ months now and really when I look back I just think how lucky I was that I wasn't paralyzed. I believe everything happens for a reason and I am eager to get back to doing what I love!

What did you do to stay healthy and active as possible during the healing phase? Is your training regime still the same or were there many changes made?

The biggest key to staying healthy was to track my diet and make sure since I couldn't work out, that I was at least keeping up on that side of things. As soon as I was physically allowed, I was rehabbing and slowly building up my workouts twice a day! It was a slow period of having to completely start over as I had lost the feeling from nerves down my left arm. Nowadays I mix my workouts up a lot more doing more and focus on technique and reps over how much weight I'm lifting. I also added in DDP yoga to try help my back recover better.

What kind of training outside of the ring to stay in shape?

Outside of the gym I workout daily doing weights and the occasional HIIT for cardio. I enjoy bike riding and also doing yoga when possible.

When you're on the road wrestling, sometimes it's hard to find healthy options. How do you maintain a fairly healthful diet when you're constantly traveling?

It's hard when we're on the road and driving late at night the only options are often fast food or gas stations. I tend to pack protein bars and protein powder and then order prepped meals and have them sent to me to track what I'm eating! I've had a great relationship with Icon Meals over the years!

You currently reside in the U.S., but what do you miss the most about Australia and if you could, what would you teleport from there to the U.S.?

Of course it would have to be my family and friends. I miss them dearly and don't get to see them enough. That's definitely one of the biggest sacrifices

I have to make to be able to work for the WWE.

Having said that, what do you love the most about being in the States?

I always wanted to live in the United States. In Australia we basically grew up watching American television and my biggest passion was wrestling so I knew to make it a reality, that was where I needed to be!

We look forward to see the "Emmalution" coming up! Is there anything you want to say to all your fans out there and what you have in store?

Without the fans, we wouldn't be able to do what we do! After all, I started as a fan myself! I am lucky to have such an amazing loyal fan base and following from all over the world and I really do appreciate that I am able to do what I love for them and they allow me to do it!



ADVENTURE



EXTREME WINTER WORKOUTS FOR OUTDOOR ADVENTURERS



YOUR FRIENDS AVOID YOU ALL WINTER LONG. YOUR SPOUSE ISN'T SPEAKING TO YOU. YOUR MOTHER CAN'T STOP CRYING WHEN YOU CALL, AND EVERYONE ELSE THINKS YOU'RE INSANE. IF THIS DESCRIBES YOU, THEN YOU MAY BE AN EXTREME WINTER SPORTS FANATIC. FOR THRILLING, CHILLING ADVENTURES THAT DEFY BOTH GRAVITY AND THE ELEMENTS, TRY THE AUDACIOUS WORKOUTS BELOW.

KITE SKIING

This sport is easy to learn if you've ever sailed, skied or flown a kite. The enormous kites are inflatable or made of foil, and skiers travel on snowboards or ordinary skis.

You don't necessarily need a hill, but if you have one, you can ascend it by manipulating the kite. Progress is made by tacking into the breeze, and there's no limit to how far you can go on a windy day. Explore the back country while coasting along at your leisure. Dominate the competition in speed races and jumping contests. If you get enough wind underneath you and you're fairly acrobatic, all kinds of midair stunts are possible.

Just bear in mind that Mother Nature can knock the wind out of your sails at any time.

ICE SURFING I

Who doesn't like hitting the beach in a parka, long johns and thermal socks?

Ice surfers hang ten on frozen lakes all over the world at speeds topping 70 mph. This hot winter sport relies on the same disciplines used in wind surfing. The equipment resembles an ordinary skateboard with a small sail attached, but the board is fitted with sharp blades for steering and stability. Tugging the boom gets the surfer going until the wind takes over. Pressure and friction melt the ice beneath the blades, and the lubrication makes for a smoother, faster glide. Those who tack at just the right angle can travel almost three times faster than the wind.

ICE SURFING II

It's very simple: Sail into the coldest body of water on earth, preferably during a blizzard, and wait for a giant glacier to collapse. Then, jump on your surfboard and catch the wave.

From the shores of Lake Erie to the coasts of Iceland, surfer dudes are finally learning how to chill. The colder the temperature, the

choppier the water and the more isolated the beach, the better they like it. Winds up to 35 mph are anything but a deterrent.

ICE CLIMBING

Rock climbers who are good at navigating icy patches eventually graduate to ice climbing. For some nature lovers, no climb is complete without the possibility of frostbite or an avalanche.

Climbers are picky about the terrain. Alpine ice, often referred to as blue ice, is snow that's become packed and hard over time. Water ice, on the other hand, forms from seeping or flowing water. Its surface is more unpredictable; ridges and bumps make climbs more interesting. Whatever their personal preference, all climbers are territorial and seek a pristine patch to call their very own.

Methods are similar to those used in rock climbing, but ice tools are highly specialized and more expensive than their rock-climbing counterparts. Hypothermia, falling and being buried under tons of snow are risks that even high adventurers take seriously.

SPEED FLYING

Speed flying is a cross between skydiving and paragliding, but all safety measures have been removed and a massive mountain has been added. It is surely one of the most dangerous of all extreme winter sports.

Speed flyers careen down impossibly steep slopes at breakneck speeds. They establish momentum by first jumping from a helicopter or small plane. Some even put on dazzling air shows before descending the slope. Participants may land on their skis and make the trip down that way or sail through the ether until they touch down on level ground. Either way, they're dodging trees while going 100 mph.

The first speed flyers improvised with parachutes or even large kites. Now, flyers use specially designed gliders that perform like wings.

If you don't have the guts to try speed flying, you can always use its prohibitive cost as an excuse.

SKIJORING AND SNOW POLO

Adventurers who love animals and are somewhat more levelheaded than speed flyers might like one of these competitive sports.

"Skijoring" is a Norwegian word that means "ski riding." The skier uses regular poles to steer, but he or she is towed by a horse or several dogs. The longest cross-country race, held in Karelia, Russia, covers 270 miles.

If you're into classy sports with smart uniforms, check out snow polo. The conventional version of the game is at least 2,600 years old, but the Brits' fascination for it started in the late 1800s. Playing polo, especially on snow, is harder and more dangerous than it looks.

First, learn to ride a horse. Agility, stamina and razor-sharp concentration are additional requirements.

ICE DIVING

Fans of this sport say there's no greater reward than viewing marine life through crystal clear water.

Just like in ice fishing, there's only one way in and one way out. Not only are ice divers accomplished scuba divers, but they have undergone extensive training to equip them for special dangers.

An ice diver who has taken complete leave of his senses might go it alone, but all others are tethered to someone on the surface while they explore. Keeping buoyancy in check is critical. Weighted belts prevent divers from rapidly ascending, crashing into the ice sheet and sustaining head injuries. Needless to say, exposure suits are mandatory.

For extreme winter workouts, head for the great outdoors. Don't be afraid to get bold in the cold.

GET OUT AND DO IT



SPEED FLYING

Draper, Utah. Cloud Nine Paragliding offers lessons in speed flying off the beautiful mountains of Utah.

paragliderson.com

ICE CLIMBING

Lee Vining & June Lake, California. Take advantage of the rare alpine ice in the great outdoors of Southern California and without having to travel to Alaska.

internationalalpineguides.com

ICE DIVING

Brooklyn, New York. Explore the rarely seen and unexpected subterranean part of New York in exhilarating temperatures.

scubanewyork.com

**FITNESS
GURLS**



A full-page photograph of a woman with long, dark, wavy hair sitting on a white dresser. She is wearing a dark blue, form-fitting, zip-up bodysuit with a white zipper line down the center. She is looking towards the camera with a slight smile. The background shows a bedroom with a large mirror on the wall and white curtains. The lighting is soft and natural, coming from a window. The overall mood is elegant and sophisticated.

FITNESS
GURLS

photography by
SARAH ORBANIC
.....
hair & makeup by
JENNY VENTURA

A woman's leg is visible on the left side of the page, resting on a white ledge. The background consists of sheer, light-colored curtains that allow soft, diffused light to enter the room. The overall mood is serene and elegant.

Hope

...we all need a little more in our lives

.....

In a virtual media world of perfectly coiffed hair, sultry eyes and soft curves, personality remains a mystery. Rarely do you ever discover or experience the personality behind the pictures in its true form to the tee. The gentle and delicate damsel face combined with a sensuous, yet somewhat shy silhouette accented with raven hair offers a glimpse into her personality. This is the genuine **Hope Beel**, yet there is more depth and palpability than images can ever disclose.

We recently caught up with Hope and asked her what you've always wanted to know!

FITNESS GURLS SPONSORED ATHLETE



We've seen you in Fitness Gurls for quite some time now. For our new readers, tell us when and how you got started with FG?

I actually competed in model search during the Olympia, and I scheduled my first fitness shoot with Ludwig Araujo. After we did our shoot, he submitted the images to Fitness Gurls and they liked them! From there Fitness Gurls presented me with the opportunity of becoming an athlete, and it's been an incredible journey so far! I'm so proud to be a part of the fitness girls family because they treat me so well and I've got to do some amazing experiences that I wouldn't have been able to do without them.

When did you decide you wanted to get into the fitness industry or did it happen by chance?

I decided to start in the fitness industry four years ago when I was dating a personal trainer and he convinced me to compete in an NPC show. After I competed I fell in love with how challenging yet rewarding clean eating was, and I saw how addicting the fitness industry could be. So from there, I started building my brand and helping others.

Did you do any other type of modeling before?

I did, I modeled in college. I was actually in a modeling organization at the University of North Texas. I won UNC's Next Top Model, LOL. I also did some commercial work, but I never did fitness modeling which all along was the body type that I've always had and that is where I should've always been.

Your physique is very fit, but still very feminine and curvy. What kind of training do you do to maintain it?

I always mix up my training styles. I don't ever lift super heavy because with my body type, I can build muscle very quickly on my lower body so I typically just train lighter weight and higher reps. And I incorporate a lot of plyo's into my workouts. Off course I'm always working the booty!

For our female readers, what can they do for a booty like yours?

What exercises are your staples? Don't neglect food. Honestly, if you want to build muscle and build a booty, you have to eat. Also, I love switching up exercises that target different areas of the glutes. For

example, try hip thrusts, single leg deadlifts and kickbacks.

What kind of music do you like? Do you listen to different types of music when you're working out?

I love all kinds of music. It really depends on the day and the mood that I am in. I love Apple Music because I can always listen to something new, or just put on a different genre of radio

Are you fairly strict with your diet most of the time or are you more free with what you eat? Do you take any supplements?

I'm a big believer in balance, I do stick to a somewhat healthy diet throughout the week but if I ever have a craving I make sure that I enjoy myself but get back on track immediately after. Plus, by now I know my body after four years of training and I know what I can and can't do when it comes to types of foods. I do take supplements. I'm a big believer in supplementation of a good BCAA, omega-3 fish oil, whey protein, and an essential every day vitamin.



Growing up, were you into sports? What kind of activities did you enjoy or were you a book worm?

Yes, I was involved in sports I actually ran track, cross country, and I was a cheerleader.

You stay fairly lean and photo shoot ready shape year round. Do you do cardio regularly? What's your cardio routine like?

I don't consistently do cardio because I don't think it's a good idea to get reliant on it, but I do incorporate plyo's in hit training into my training styles so I'm pretty much knocking two birds with one stone when I work out.

If you got to eat anything for a day without gaining any weight or fat at all, what would it consist of from morning until night?

LOL, I don't think there's enough room in this interview for me to list all of the things that I would eat. But I'd say cinnamon rolls, pizza, cheeseburgers, carrot cake, dark chocolate, sweet potato fries... I could go on forever honestly! I just love food!

What types of cardio have worked best for you and what's a typical workout you do during the week?

I really have seen the best results with HIIT cardio, plus I don't get as bored when doing it. There is no typical workout for me, I like to switch it up. I love Pilates, yoga, spin, and weight training! If I'm doing a weight training circuit I like to mix weighted exercises with body weight exercises. Try it!

People are quick to judge or have a preconceived idea of your personality when they see your photos. How would you say those who are close to you would describe you in real life?

I would like to say that I am a pretty fun person to be around. I'm from Texas so I'm really nice and I like to talk to people. So if you get to know me then you would probably really like me just because of my Southern charm

What is your favorite body part of a guy? What do you look for in a partner?

I love a nice back on a guy, and when it comes to relationships I look for someone who can support me in my goals and motivate me every day and someone who could just be my best friend. Luckily I've already found that guy and we've been together five years.

What is your favorite city/country that you've traveled to and why?

The most amazing place that I've ever visited was Medellin, Colombia. I was actually lucky to do this with Fitness Gurls, thanks to you guys. It was so incredible, the people there are so amazing and the food was top-of-the-line. The country itself is just the most beautiful thing I've ever seen in my entire life.

You're so busy with work and travel.

What do you do when you want to feel at home or when you're feeling home sick?

Honestly, I am such a homebody, typically when I am actually in Texas at home I just like to stay indoors and watch TV. If I'm traveling and I am feeling exhausted and just want to relax I will watch a movie on Netflix in the hotel room.

"...YOU WOULD PROBABLY REALLY LIKE ME JUST BECAUSE OF MY SOUTHERN CHARM."

If a Fairy God Mother were to grant you any career you wanted and the knowledge required, what would it be?

I think I'm already living that dream. I help people every single day with their health and fitness goals, I help motivate people, and I'm able to change peoples lives not only with fitness but also nutrition. Of course I would love to be more knowledgeable on the subject, so if I could have that wish then that's probably what I would ask for is to know everything and everything about it.

When you look back what do you think has been the key to achieving your goals?

Loving and trusting the process, also, knowing that I can only create MY best body and being okay with that. It's so easy to compare yourself and others results and wish that what your results would come faster. Fitness just doesn't work that way. I've been on my journey for 4 years now and I still have a ways to go, I honestly don't think I'll ever get to exactly where I want to be because my goals are always changing.

HOPE BEEL'S GO-TO BEAUTY SECRETS

1. DRINK LOTS OF WATER - Our skin is predominately made up of water, so it's vital to get in almost a gallon a day. Studies have found that it doesn't necessarily change the appearance of your skin, but when you are more hydrated your skin is more supple and full so it helps make your fine lines and wrinkles appear less prominent.

2. EXERCISE REGULARLY - When exercising, you increase your blood flow which in return helps keep your skin nice and fresh. Exercise also helps to eliminate toxins from the body.

3. TRY TO STAY AWAY FROM SUGAR - Study show that refined sugars cause inflammation in the body, which in return can cause a loss and elasticity of the skin which causes wrinkles.

4. DRINK TEA AND SKIP THE COFFEE - Not only is tea made up of mostly water, but green tea is known to have one of the highest antioxidant levels of any tea. It also has a lower dose of caffeine compared to coffee which is good because caffeine dehydrates the body.

5. NEVER SLEEP WITH YOUR MAKEUP ON - Make sure to always wash your face before bed because if you do not, the make up can possibly make your skin more dry, cause wrinkles, and worse create pimples.

HOPE BEEL'S BOOTY TIP

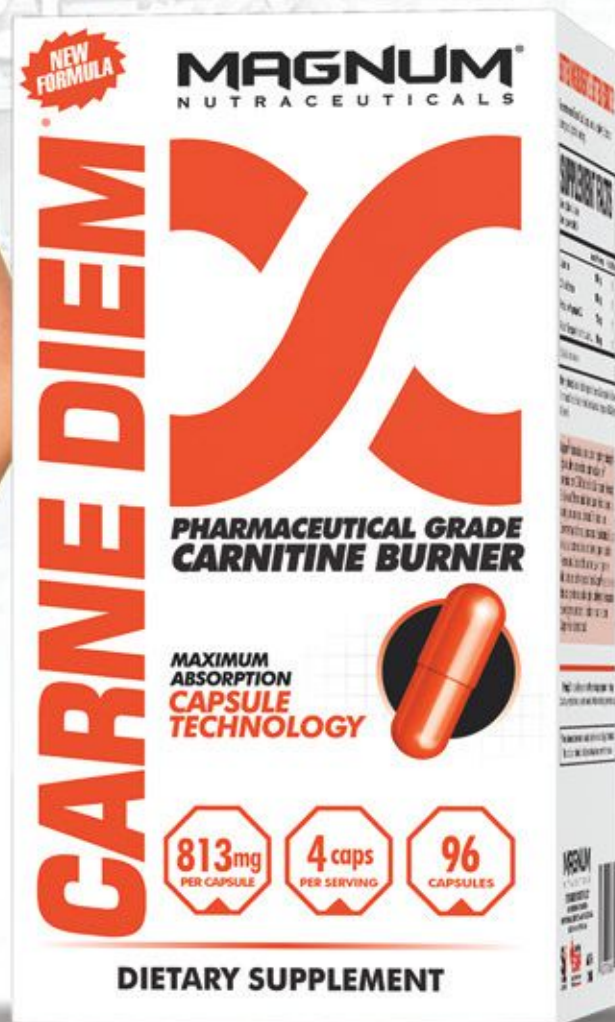
WHEN SQUATTING, LUNGING OR DOING THE LEG PRESS, MAKE SURE YOU PUSH FROM YOUR HEELS TO ENGAGE YOUR GLUTES SO THEY DO MORE OF THE WORK.



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PRESENTS

MOST 2016 BEAUTIFUL PHYSIQUES IN SPORTS

WORDS BY TOM JONES

GENIE BOUCHARD

25 | TENNIS

Canadian athlete Genie Bouchard is one of the top ranked female tennis players in the world and was Team Canada's Female Player of the Year three years in a row. Not only is Genie an incredible athlete, she is also blessed with good looks. In addition to her beautiful face, her awesome athletic body leaves little to be desired.

GRANT/AP/REX/SHUTTERSTOCK





PAIGE VANZANT

24 | MMA FIGHTER

Paige Van Zant is a mixed martial artist within the UFC Strawweight Division. She has been fighting since 2012 and currently ranked 8 in her respective UFC division. Her fists and feet are not the only thing that will knock you out. Paige's beauty spans from her bright smile, gorgeous blonde hair to her incredibly sexy physique that'll make anyone tap out.



SIMONA HALEP

23 | TENNIS

Simona Halep is one of tennis's sweethearts. This soft-spoken 25 year old Romanian is 5'6" in stature, but contains one of the most toned and well-proportioned bodies in tennis. While she is famous for her muscular physique and baby blue doe-eyes, she is also quickly climbing the WTA rankings claiming a spot at #4 in the world.



SAGE ERICKSON # 22

Sage Erickson is a popular professional surfer and model. Her all-natural look and curvy body has made her talk around town. Sage's chocolate-brown eyes contrast with her innocent baby face and blonde hair adding to her overall sex appeal. More than just a pretty face, Sage has competed on the international stage and holds a world ranking of #9.

KOLASINSKI/BFA/REX/SHUTTERSTOCK



JULIE FOUCHER #21 | CROSSFIT

Julie Foucher is a celebrated CrossFit athlete, and medical student at the University of Michigan. Regarded as one of the most successful woman in her sport, she has a gorgeous smile and stands at a sculpted 5'4" with a deadlift of 310 pounds. It's safe to say we're impressed!

25 MOST 2016 INSPIRING PHYSIQUES IN SPORTS



RONDA ROUSEY #19

Ronda Rousey is a beautiful, strong and multi-talented American powerhouse. At only 29 years of age, she has already been the first American woman to win an Olympic Medal in Judo, been the UFC's Bantamweight Champion and starred in the all star cast of The Expendables. Ms. Rousey has proven to be a powerful female athlete with a promising future.



SKYLAR DIGGINS #20 | WNBA

After having a stellar collegiate basketball career at Notre Dame, Skylar Diggins was drafted by the Dallas Wings of the WNBA. Diggins is known for having beautiful chestnut-brown eyes and a sensational smile. Taking fitness seriously has helped her get a chiseled figure that would make anyone work harder at the gym.



ANDREA AGER #18 | CROSSFIT

At just 28 years old, Andrea Ager has a lot to be proud of including her multiple accomplishments. After running track for Colorado Mesa University she began to take her interest in CrossFit to a whole new level, which we can clearly see by her to die for physique.



ALLYSON FELIX

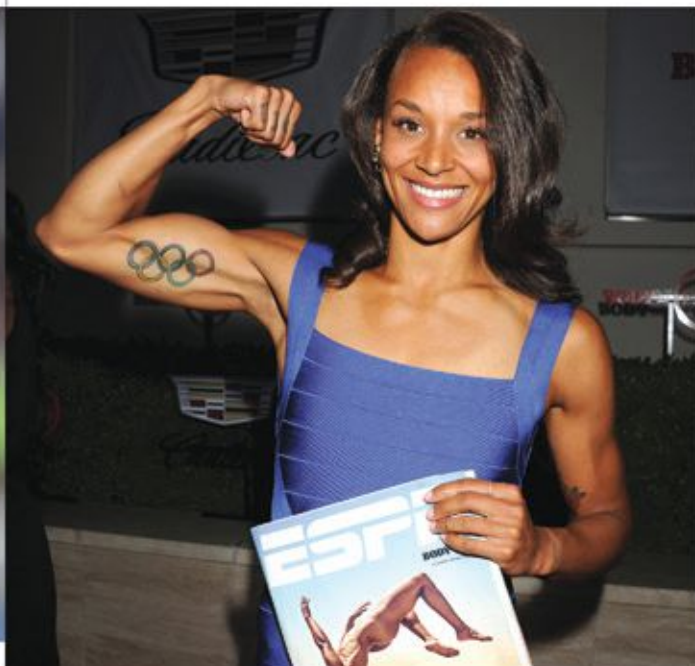
#17 | TRACK & FIELD

The beautiful and talented American athlete Allyson Felix is an inspiration to all young aspiring athletes everywhere. This Track & Field star currently holds 6 Olympic gold medals and was the 2015 400 meter World Champion. Most importantly she's accomplished all of this as a clean Olympic athlete. In a sport where people often take shortcuts, hard work is a staple of her character.



ALI KRIEGER #16

At 32, Ali Krieger is one of the veterans of the U.S Women's National Soccer Team. Yet her seniority doesn't diminish her beauty and talent. Her pace, skill, and tenacity led the U.S Women to win the 2015 World Cup in Canada. Perhaps Ali's greatest achievement was appearing in ESPN Mag's Body Issue in the same year.



CHANTAE MCMILLAN

#15 | TRACK & FIELD

Chantae McMillan is a beautiful athlete who shines in the track and field arena. She attended high school in Missouri and competed in the long jump. She went onto college at the University Of Nebraska and shortly after, she began participation in the pentathlon and heptathlon in 2007. In 2012, she qualified for the Summer Olympics.



HOPE SOLO #14 | SOCCER

To look at Hope Solo is to see that fresh air and sunshine really does a body good. Known for her prowess on the soccer field, her athletic endeavors no doubt have contributed to her beautiful physique and to her physical strength. Solo is a two-time holder of Olympic Gold and is a World Cup champion.



JESSIE GRAFF #13 | NINJA

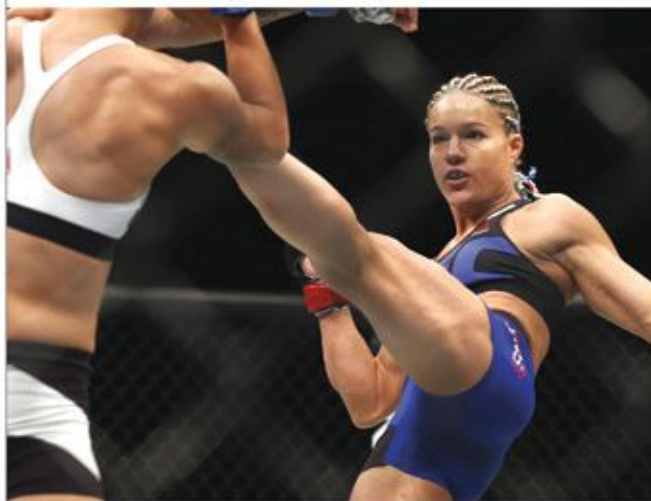
Jessie Graff is well-known for her run on "American Ninja Warrior". Using her stuntwoman strength and agility, she showcased her ability to dazzle the on lookers. The 32-year-old beauty has muscle definition that is enviable, yet an inspiration.



HOLLY HOLM #12 | MMA

Holly Holm is known for her stunning upset defeat of Rhonda Rousey to clinch the UFC women's bantamweight title, but Ms. Holm is also quite stunning in her own right. With a tight, athletic frame and a fit, muscular physique - Ms. Holm boasts impressive six pack abs. Her long, silky blond hair and bright smile help round out her overall killer physique.

25 MOST 2016 INSPIRING PHYSIQUES IN SPORTS



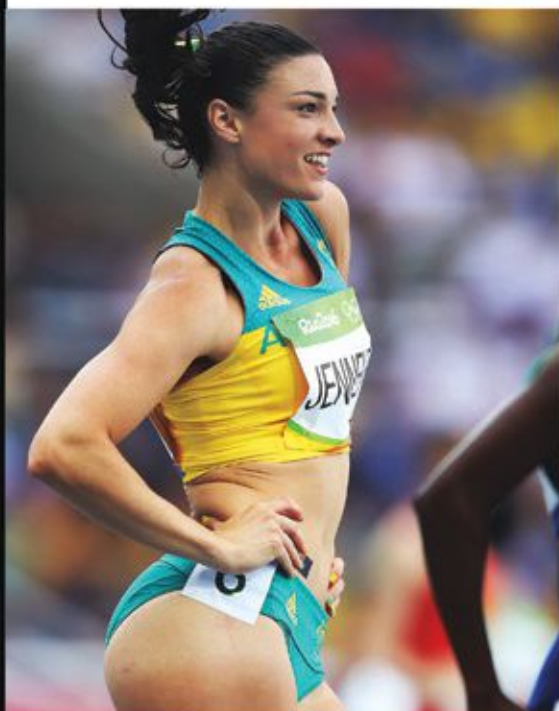
FELICE HERRIG #11 | MMA

Felice Herrig is a top fighter in the world of MMA. She was born in 1984 in Illinois, and began as a kickboxer and switched later to MMA. With her body in top condition and an impressive 23 wins she is ranked 9th female fighter in Women's MMA Rankings.



ANASTASIA ASHLEY #10

Anastasia Ashley is a professional surfer and model who lives in Malibu, California. She began surfing when she was only 5 years old and won her first surfing competition when she was 6 years old. By only 7 years old she received her first sponsorship. She has since won many awards in both surfing and modeling including the Pipeline Women's Pro competition in Hawaii. Anastasia has appeared in Sports Illustrated Magazine Swimsuit Edition.



MICHELLE JENNEKE

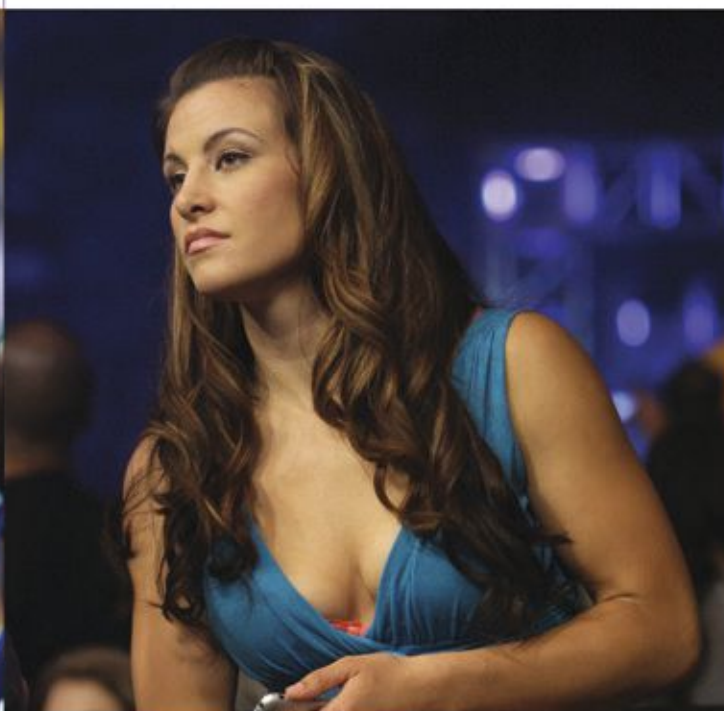
#9 TRACK & FIELD

Michelle Jenneke won the 2010 Summer Youth Olympics as an Australian hurdler and who also models. Michelle's body is lean and muscular while maintaining her femininity. The residual effects of her intense training shows in her phenomenal physique. She has a classic beauty one that any man or woman can admire. Michelle's athletic body is one that we can all strive to emulate.



DANICA PATRICK #8

Danica Patrick is the most successful woman in motor sports. She is the only woman to win an IndyCar Series race and has the top finish in the Indy 500 for a female driver. Today, Patrick drives the number 10 Chevrolet in the NASCAR Sprint Cup Series. In addition to her driving talent, Danica is also blessed with beauty and an incredible body, which is beneficial in her work as a spokesperson.



MIESHA TATE #7

Former UFC Women's Bantamweight Champion, Miesha Tate, is a fiery beauty in and out of the octagon. As one of the most popular athletes in the UFC, she can kill with her grappling and her looks. Outside of MMA, Miesha does her fair share of modeling (former Fitness Gurls Magazine cover model) and with a face and a physique like she has, it is no wonder. Fighting for the title or fighting for our hearts with that gorgeous smile, Miesha Tate is a true warrior.



NATALIE COUGHLIN #6

Natalie Coughlin is a twelve time Olympic medalist for swimming. Before the Olympics, Coughlin swam for University of California Berkeley. Did we mention she is in a three way tie for most all-time medals by a female swimmer? All that time in the pool sure is doing her physique good even if she's in her mid-thirties! No one could tell since she constantly glows with beauty. Standing at just 5' 8" she definitely knows how to show off that gorgeous body!



SERENA WILLIAMS #5

Serena Williams is considered one of the best athletes in the world. The 33 year old professional tennis player has held the world #1 ranking for the majority of the year and consistently claims Grand Slam titles including seven Wimbledon, six US and Australian Opens and three French Open trophies. She has explored the world of modeling and is regularly complimented on her unique on and off-court fashion. Serena is a true icon.



ALLISON STOKKE #4

The young Allison Stokke is a widely recognized face in women's sports. This pole vaulter has exemplified the sex appeal side of the sports industry and has been covered widely by the media for more than just her pole vaulting successes. Her baby face, creamy olive skin, and deep black eyes have earned attention around the globe and she has become a regular in sportswear modeling, gracing campaigns for big-time brands like Nike, Athleta, and Uniqlo.

25 MOST 2016 INSPIRING PHYSIQUES IN SPORTS



ALEX MORGAN #3

This 27 year old soccer player is a forward for the Orlando Pride and an Olympic Gold-Medalist. The California native has been noticed for more than her skills on the soccer field. Her gorgeous dirty blonde waves, golden skin, and striking eyes have been a source of conversation around the globe. She has been chosen for the Sports Illustrated Swimsuit Issue and boasts endorsement deals with Nike, Panasonic, and Coca-Cola. She is truly emerging as one of sports glamour girls.



LINDSEY VONN #2

Lindsey Vonn is inarguably one of the most beautiful female athletes of all time. This tall sporty blonde has made waves in more than just the snow sport industry earning attention for her looks on more than one occasion. Vonn's long feminine locks and dazzling smile are two of her best features. In addition, her fit physique and curvy physique have earned her spots on the covers of the prestigious Sports Illustrated Swimsuit Edition and Health Magazines. She is arguably the most beautiful woman in sports today.

Hair & Makeup by KAREN PANG
Styled by ALI LEVINE
Bikini by MONTCE SWIM
Earrings by SONIA HOU JEWELRY
Bracelet by LOVE THIRTEEN



25 MOST
INSPIRING
PHYSIQUE
IN SPORTS

PHOTOGRAPHY BY LHGFX

CHRISTMAS #1 ABBOTT

the most inspiring physique in sports

WRITTEN BY KAREN PANG

Gracing the Malibu sands with her tiny but taut body and happy go lucky attitude, she looks like a typical SoCal native living a charmed life in the sun. But to know her now, is to know her past and if you too rose from the calamity in the way Christmas Abbott has, you would have a lot to smile about too. We recently caught up with Christmas and got to chat about everything from her drug and alcohol fueled past to living the dream in the present.

The more you look at photos of Christmas Abbott, the intimidation factor increases as your eyes shift from picture to picture. You notice her full muscle bellies complemented by her muscle separation and both intermittently coated with patterns of ink to form a story from her past. Remember way back in school when we had to use grid paper in math for figuring out X and Y axis? Imagine a life size one and cutting six squares out and pasting it on your stomach. That's basically what Christmas's stomach is like. It wasn't traditional bodybuilding methods that sculpted this physique, but the popularity of a little discipline called CrossFit that she fell in love with. In an ego driven society that exists today with the superficiality of social media, sincerity is a commodity. She's more than just a pretty being to look at, she maintains a sense of humility and depth that is easy to see.

On this particular day, Christmas had just landed in Clearwater Florida to host The 11th Warrior charity event which raises awareness through the CrossFit community to help veterans, first responders and even military dogs who have been through post traumatic stress. This is just one of her many engagements throughout the year. The military is a soft spot for her as she worked in Iraq as a civilian contractor and it's where her love of CrossFit began. The turning point, as she describes, "There was a huge explosion that shocked me into realization that for the last decade I'd been drinking and doing drugs. That day, I decided to make a change in my life to quit those

things and explore fitness". She started going to the gym on base and one day, a Marine showed her a CrossFit Nasty Girls video on YouTube. "Whatever it was that I saw on the video was so incredible, that I knew I had to do it. I never looked back since" she reminisces. It's easy to talk the talk, but when you're in the environment of the military, you definitely have to walk the talk you speak of, and these guys weren't going to let her off easy. "They took it upon themselves to try and break me, but everyday I would show back up, and that's when I had the mental shift that there is no other option. That strict regimen really helped create this 'push forward' thought process I have now". So push forward she did, and this mentality escalated in various aspects of her future. When you're out serving your country, you're making split second decisions in do or die situations and making the most the the precious seconds that exist in that moment. There is no such thing as 'I'll think about it' because the moment literally has to be seized. "Working out with the special forces really built the foundation of my mental fortitude, determination and tenacity that I have with setting goals and conquering them. Not just in the fitness world, but all that I do".

From the moment CrossFit became part of her life, Christmas knew she wanted to share her newfound love of it and wrap herself up in the competition world. While she was physically much more petite than her competition, her strength and performance made up for it like a real life Mighty Mouse. Her business started off as small outdoor bootcamps, and soon



While renowned as a successful business woman and fitness mogul, Christmas wasn't always an athlete. Additionally, she had to overcome bad influences and consequences before becoming the inspirational figure she is today. This rough period started when she was 13 because her sister suffered a horrendous car accident that cast her into a coma. Christmas reacted to this tragic incident by drinking and smoking. She overcame the obstacles and became a stronger person. Born on December 20 as the second of three children, Christmas Joye Abbott was named by her mother in honor of the subsequent holiday. Growing up in Lynchburg, Virginia, she wanted to break gender barriers early on. At age 9, she recognized that a baseball suited her better than a softball. The logical step for Christmas was to join the boys' league, but the male-dominated institution resisted at first. Luckily, her mom supported her desire and threatened to get the media involved. That's when the league officials changed their position. While she weighs less than 120 pounds and stands only 5 feet and 3 inches tall, she can deadlift 255 lbs! Over double her own weight! With lots of substance and grit behind that physique, it's not hard to see why Christmas was at the top of this list! - BY TOM JONES

CHRISTMAS'S UPPER BODY WORKOUT: Complete 5 sets For Time

- 10 Russian Swings (5 each arm)
- 10 Overhead Push Press (5 each arm)
- 10 Upright rows (drop one kettlebell – use only 1)
- Complete 3 sets: 10 Pull-ups & 10 Pushups

CHRISTMAS'S LOWER BODY WORKOUT: Sculpt / Complete 4 sets of

- 12 Double Front Rack KB Squats

- 12 Walking lunges (6 each side) (Hold KB's at sides)
- Complete 3 Rounds For Time:
- 25 jumping squats
- 25 sky humpers

AFTER BURNER:

Complete 4 sets (rest: 30 sec between sets)

- : 30 sec right leg only wall sit
- : 30 sec left leg only wall sit
- : 30 sec both legs wall sit

CHRISTMAS'S TOTAL BODY WORKOUT:

HAAM (Hard As A Mother) / Complete as many rounds as possible in 20 minutes

- 100 m sprint
- 12 single arm kb cleans (6 each arm)
- 100 m sprint
- 12 goblet squats
- Rest 60 seconds

Bikini by
Olavida Swimwear
Stacked Beaded Bracelets by
Love Thirteen
Earrings by
Sonia Hou Jewelry
Necklace by
Sonia Hou Jewelry
Arrowhead necklace by
Native Vibestyle
Rings by
Nicole Ardis Jewelry



enough her clients to become hooked. Her visible passion and zest for life was infectious to her clients and continues to shine to her many followers. Even to this day, she still has several of her original clients continually attending classes. She now boasts a six year old brick and mortar gym called CrossFit Invoke in her hometown of Raleigh, North Carolina... opening within just a few short years of returning to the U.S. Christmas's athleticism didn't go unnoticed... in the auto racing world. Yes, you read that right.

The boys at NASCAR took note of her strength, speed and her functional knowledge of mechanical tools. She was scouted for the 'NASCAR Pit Crew Experience', but little did she know that she wouldn't be driving the cars, she'd be changing their tires. Going in all excited to be behind the wheel, only to discover she'd be changing tires? You can only imagine she was a bit more than miffed, but her tune quickly changed when she saw what was going on: an opportunity of a lifetime. A surprise audition if you will, to be part of the coveted NASCAR Pit Crew... not something you'd find in the want ads in the local newspaper although a fantasy dream job for a race car aficionado. This isn't a sing and dance type of interview, but a competition based on speed and precision consisting of changing and hanging tires as well as jacking cars. Not only did she excel at them, she beat all the men! Being perpetually in fine tuned condition definitely paid off when you're being covertly lured to demonstrate your skills on the fly. Her high octane tenure lasted a year, and from there it was time to move on. She still holds the title of being the only female pit crew member ever, and when asked how she was treated being the only female in a man's world, she had nothing but positive things to say. "Everyone was great, it was a big family. We trained 5 days a week together, traveled 2 days a week so we were really integrated into each other's lives".

Back in her past of drug and alcohol addiction, it created a self destructive snowball effect that lead to a place of uncertainty. Inadvertently, this addictive personality worked in her favor as she cut out the toxic elements and put herself back on the right track to living a healthy life. From all the attention she was gaining as a CrossFit phenom came a lot of health and fitness questions. She started a fitness and nutrition seminar and met with many eager pupils hoping to attain anything close to level of fitness as Christmas. Forward thinking as to how she could reach a bigger audience, she contacted a book agent and went on to author the New York Times best seller, "The Badass Body Diet". It details and motivates



GET READY FOR A BRAND NEW YEAR AND A BRAND NEW YOU!

Christmas Abbott's 90 day program is aimed to increase your fitness level, improve your health & generate a greater sense of mental well-being! The NYE program is designed for ALL fitness levels with modifications + options to up the intensity. NYE is designed with SIMPLICITY in mind to create a lifestyle change - no yo-yo dieting & no negativity! With 3 months of workouts, meal plans, movement demonstrations, and weekly videos from Christmas- she guarantees you will change your life & discover your inner badass!

WHAT'S INCLUDED:

- 90 days of training - a workout or guided recovery for every single day!
- Training Calendar
- Warm-up & stretching routines
- Nutritional blueprint + educational video series
- Meal building guide + TONS of new recipes
- Example weekly meal plans
- Video demonstrations of workout movements
- Weekly LIVE video
- KILLER exclusive discounts & giveaways!!!
- Online community support
- Private Facebook Group for all participants

Christmas's program follows a structure of 5 training days & 2 rest & recovery days per week. The training days are either HAAM, Sculpt, or Endure It.

THIS PAGE

Bikini by
Olavida Swimwear
Stacked Beaded Bracelets
by Love Thirteen
Earrings by
Sonia Hou Jewelry
Necklace by
Sonia Hou Jewelry
Arrowhead necklace by
Native Vibestyle
Rings by
Nicole Ardis Jewelry

OTHER PAGE

Bikini by
Olavida Swimwear
Rings by
Nicole Ardis Jewelry
Arrowhead Necklace by
Native Vibestyle
Long Gold Necklace by
Kendra Scott
Ring by
Nair and Bjorn
Bracelets by
Love Thirteen

women on how to achieve the body they've always wanted through proper diet and training. Her sophomore follow up due in May 2017, will help readers shift from practicing bad habits into practicing good ones, something she knows all too well. It's based on 30 days of small challenges and exercises that help strengthen positive actions and dissipate negative ones.

So where did the title of 'badass' come from? Is it from the tattoos? Her past? The fact that she can deadlift more than any of us? "I think that actually came from my fan base" as she giggles at the thought. "For my size, I was really powerful and really strong and my fans always commented, 'that's so badass!'. When it came time to title my book, I suggested 'The Badass Body Diet' and they loved it, so I'm grateful for my fans for that!". Well, it certainly isn't her attitude that's bad because this whole interview she's had a relaxed, but warm smile on her face framed by her blonde layers. It doesn't take long to separate the genuine from the fake, and Christmas is the real deal. When asked what the best part of having the opportunities that have come her way, it isn't any particular opportunity or monetary gain. "I love hearing my fans' life changing testimonies where they take my program to get fit, and then a mental and emotional shift happens where they feel more confident in themselves".

I was a bit reluctant to ask my last question, but I did it for her fans who were just wondering: will Christmas Abbott compete again? "I haven't officially retired, but I've been working through some aches and pains from the residual effects from competing. I still love competing and definitely still interested in it. Who can say what the future holds, but don't count me out just yet!". If she were to compete in 2017, her plate will be extra full. So full in fact, she better list a big silver plate on her wedding registry because she's tying the knot in September! Her already bright demeanor instantly lights up and her voice almost gets a squeal at the thought of the

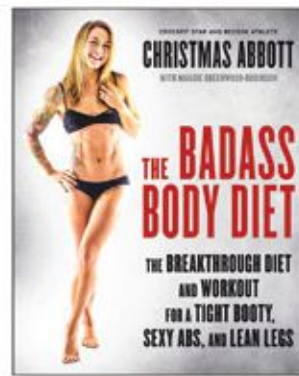
nuptials. Plans are underway for an intimate wedding in Raleigh with the love of her life who complements her public life very well as he shuns any attention according to her.

As my time with Christmas ends, I can't help but to walk away feeling inspired and motivated to reach higher in my goals. Her positivity is infectious with a sincere joie de vivre that clearly touches whoever she meets. Call it a hunch, but we will hear much more from Christmas Abbott.



Christmas guides women via workouts and the proper way to eat to attain the body they want! When you're happy with the way you look, your attitude will take a turn for the better too! She emphasizes areas of the female form that have the most sex appeal: flat tummy, round booty and lean legs, and will help you tighten, lift and sculpt those areas so that you'll soon be double taking your own reflection as you walk by! Join thousands

of other women who have achieved the sexy body they've always wanted from the help of Christmas's best seller!



Bikini by
Montce Swim
Earrings by
Sonia Hou Jewelry
Bracelet & Leaf Ring by
Sterling Forever
Blue Stone Ring by
Nicole Ardis Jewelry

STRENGTH

FITNESS . EXERCISE . HEALTH



WHAT TO EAT TO GAIN WEIGHT AND BUILD MUSCLE

Are you underweight and don't know what to eat to gain weight? Millions of dollars are spent each year on magazines, books, and weight gain supplements. Gaining weight does not happen overnight and requires a commitment from you, but does not have to be hard if you work out and eat the proper foods in large enough amounts.

Numerous people are continually searching for the fastest ways to gain weight and don't know what to eat. If you truly want to learn what to eat to gain weight and maintain it, a diet rich in calories and protein combined with a regular weight-training regimen will help you accomplish your goals.

If you are looking for the best weight gain supplement for you, take into account your diet and exercise routine before making a decision. Weight gain supplements can be very beneficial when used in conjunction with the proper diet and weight training routine.

The major part of your calorie and protein consumption should come from the foods you eat. Substituting a weight gain supplement for a meal is never a good idea. Your body needs the natural

nutrients found in lean meats, poultry, fish, vegetables, and carbohydrates. Weight gain supplements can be used effectively as a weight gain aid when they are used to supplement your diet, not replace part of it.

A diet consisting of large amounts of protein, fats, carbs, and high in calories is essential to any weight gaining effort aided by weight gain supplements. Training with weights is necessary if you want to build new muscle tissue, and a weight gain supplement can be used after a workout, in between meals, or as a snack but should never replace a meal.

Protein is a major component of any diet designed to add body weight. Lean red meats, fish, poultry, and eggs are excellent sources of protein. Several small meals per day containing large amounts of protein are crucial to your weight gaining effort. The question of what to eat to gain weight is not as complicated as some believe.

Along with plenty of protein, fats and carbohydrates are a big part of any weight gaining diet. By avoiding sweets and empty calories, you will give your

body the fuel it needs to add body mass and build new muscle tissue through the nutritious foods you eat at regular intervals during the day.

If you are finding it difficult to stick to a weight gain diet, try eating five or six smaller meals per day instead of three large ones. Keep in mind that a piece of chicken and a baked potato is always better than a shake, bar, or pill.

If you should decide to use a weight gain supplement, make certain you consume adequate amounts of food each day in addition to the supplement. Weight gain supplements can give you added protein and calories and may be especially helpful if used immediately following weight training. Always be certain your diet contains all the required elements and use weight gain supplements wisely.

Learning what to eat to gain weight is a relatively simple task. Increase your calorie intake and make certain you are eating healthy, protein rich foods. This combined with weight training and plenty of rest should allow your body to bulk up effectively and help you maintain your new body shape.



V TAPER FUNDAMENTALS

EXERCISES TO BUILD THAT V TAPER BASE TO RIVAL HERCULES

When you enter a room and people are looking, then you can very well expect they will be watching you leave too. Unless you were genetically gifted, then like most of us we must work extra hard for those cannonball delts the size of our heads. Coupled with a thick wide back gives the complete Superman taper that gives much more of a masculine structure to the physique. Try these for your delts and back on your next workout. Start lighter if you need to and remember to keep good form.

BACK WORKOUT

- Wide Grip Pull Ups 4 sets 8-10 reps **pause and hold at the top for 2 seconds on each rep*
- Overhand Wide Grip Bent Over Rows 6, 6, 10+drop, 10+drop
- One Arm DB Rows 6, 6, 10+drop, 10+drop
- DB Pullovers 3x10

SHOULDER WORKOUT

- Seated Arnold Press 12, 12, 8-10+drop, 8-10+drop
- Standing One Arm Lateral Raises 12, 12, 10, 10+drop
- 45 Degree Bent Over Rows 15, 12, 10, 10, 10
- Reverse Pec Deck 4 sets 10-12 reps

STRENGTH

Top by ELISABETTA ROGIANI
Pants by LIVE ACTIVEWEAR



THE ANYWHERE ANYTIME BAND WORKOUT!

Fitness Gurls Athlete and Hollywood Personal Trainer, **WHITNEY JOHNS**, shows us why we have no excuse to missing a resistance workout no matter where you are.

Hair & Makeup By Karen Pang

The holidays mean travel! Family! Presents! Mistletoe! It also means breaking your diet and breaking your gym routine. This can force all the fitness progress and results you've worked so hard for to instantly deteriorate, which can be a paralyzing thought.

But never fear- resistance bands are here! Using bands are one of the most easy and convenient methods to staying on track during a time of uprooting from your normal routine for travel and holiday madness.

The resistance from the bands provide for an on-the-go strength-training tool that allows for a full body workout anywhere, anytime. They are lightweight, easy to pack and they're perfect for home or hotel workouts. So there are no excuses!

“ Resistance bands come in various tensions. It's a good idea to have two different tensions for stronger and weaker body parts. ”

Resistance bands are also a great tool for stretching and aiding in relieving stiffness from that long plane ride or from inflammation you're experiencing from holiday foods full of sugar and preservatives.



HERE ARE JUST A FEW EXERCISES THAT CAN HELP YOU GET STARTED

Try taking minimal rest in between sets to keep your heart rate elevated for maximum calorie burn.

Try for 3 sets of each exercise for 12-20 reps.

LATERAL RAISE:

Securing the base of the band to the wall, grip the handle with arm down to your side with palm facing in toward your body. Keep a slight bend in your elbow and raise your arm out to the side to shoulder-height. Take a slight pause at the top and slowly lower back down. Repeat for 12-20 reps.

BICEP CURL:

Place your feet over the center of the band. Grip the handle keeping your upper arm and elbow tight to your side. With palm facing forward, bend at the elbow to pull your wrist to meet your shoulder until you get a strong bicep contraction. Take a slight pause at the top. Slowly lower back down and repeat for 12 to 20 reps.

TRICEP EXTENSION:

Secure the base of the band on the wall above you. Grip the handle with your palm facing to the floor. With your upper arm and elbows staying tight at your side start with your elbow bent 90 degrees parallel to the floor. Next, press down your arm, pushing the band behind your body until the arm fully extends. Squeeze your tricep for a slight pause then return to starting position. Repeat for 12-20 reps.





3 EXERCISES THAT WILL JACK UP YOUR FOREARMS

The forearms is one area which tends to get neglected quite a bit. This area doesn't get neglected intentionally. It's just that there are a lot of people who don't know how or when to put the focus to this area. This happens a lot with men, even some women too.

The kind of exercise that many men give it, I am talking about the private, self-satisfying behavior, this just doesn't count. You have to give this area strength. Below you will find about 3 exercises which will give your forearms this strength and power. These exercises will not only give this are strength, these exercises will also give your body a healthier outlook.

1) Using a towel. Something simple like this can really give strength to your forearms, in a very big way. Here's what you do. Take the towel and hold yourself in a "dead hang." Do this for as long as you possibly can. Try to do it for at least 3 sets. If you can, move it to 5 sets. The point is, do it as long as you can, without overdoing it. Here's a hint. Hold it for about 30 seconds first. This is your first goal. If you can get it up to a minute, then you will be doing really good.

2) Another thing you can do is a dumbbell curl. Did you know you can use heavier weights on your under-arm

curls, when compared to your over-hand curls? There's a reason for this. This allows you to bring more strength and energy to your lower arms. All you have to do is do it correctly.


Here's what you do. This curl will allow your underhand to get stronger, on the way up. As you come back down, it draws attention to the weaker side of your forearms. It's best to do 8-12 reps in a row. Try to do 3 sets first. If you are new to this, 3 sets might be all you can do, for now. As you work harder at it, you can build up to 5 sets. The 5 sets is for those who truly are experienced with this. As you lower your arms during this exercise, you might want to go slowly. This will lessen the damage you face.

3) The final one is the barbell curl, but in reverse. This is a good one to do, if you want to get in some intense, high reps. If you can, do 15 reps to start. Work up to about 20 reps. Try not to do anymore. You don't want to burn yourself out with this one, though it can be easy to do. Do 3 reps to begin with. Work up to 5 reps. If you really want to psych yourself up, then follow these reps up with some underhand work. This exercise will work every inch of your arms. Your inside veins will really feel the burn on this one.

STRENGTH

Top By KORAL
Bottoms By YOUMITA
Shoes By NIKE



A female athlete with blonde hair in a ponytail is in a starting crouch on a reddish-brown track. She is looking forward with a focused expression. The background is a blurred green field under bright, warm light.

GET ON THE RIGHT TRACK

HIGH-INTENSITY TRACK-BASED WORKOUT

Fitness Gurls Athlete **COURTNEY GARDNER** knows a thing or two about track work outs. She was an Oregon High School 800M State Champion and a NCAA D1 cross country and track athlete. Find out how she incorporates track workouts into her gym routine to maintain a fit, lean physique year round.

Hair & Makeup By Karen Pang



Tired of your gym routine? Hit the track! The track, whether indoor or outdoor provides a break in the monotonous gym routine and makes you get creative with different types of training. Courtney often incorporates track workouts into her normal lifting regiment to challenge her mind and push her body. "If I get in a bit of a funk or hit a plateau, the first place I turn to is the track," she explains. Her HIIT (high intensity interval training) track and stadium workout is a combination of strength, speed, and explosiveness resulting in a calorie-burning, muscle-engaging workout.

"This is the workout I do when I really want to sweat and focus on building my booty! Have you seen Olympic sprinters? They all have large glutes and that's for good reason. In order to be successful at their event they must have explosive strength." Her work out below is a great combination of explosive exercises to engage the fast twitch muscles and high intensity intervals to elevate the heart rate.

Unlike trotting away on the treadmill at the gym where the conveyor belts aids in propelling your legs through the movement, outdoor running, especially sprinting forces your body to contract and engage your hamstrings, quads, glutes, calves, core and arms to drive yourself forward. Add in the elements such as wind and inclines, you will have even more of a challenging workout!

In order to prevent injury and to properly warm up, Courtney recommends jogging two laps before getting into the dynamic warmup listed below. "You will engage multiple muscle groups in these exercises, therefore it's very important to get a good warm up in."

Enjoy the fresh air, the variety of exercises, and a great fat-burning, muscle building HIIT track workout!

COURTNEY'S 7 GO-TO TRACK-BASED WORKOUT

DYNAMIC WARM UP (IN FIELD)

HIGH KNEES- 20 YARDS X3
BUTT KICKS- 20 YARDS X3
BODY WEIGHT LUNGES-
20 YARDS X 3

TRACK WORK OUT:

STRAIGHTAWAYS AND CORNERS:
SPRINT THE STRAIGHTAWAYS
(100MS) AND JOG THE CURVE OF
THE TRACK FOR RECOVERY.
COMPLETE 4 LAPS IN TOTAL

FAST STARTS:

START IN THE SPRINTER POSTION.
FOCUS ON EXPLODING FORWARD
FOR TEN QUICK STEPS. JOG
BACK TO YOUR STARTING LINE
AND REPEAT FOR 10.

STADIUM WORK OUT:

STAIR SPRINTS:
SPRINT UP THE LENGTH OF THE
STADIUM AS FAST AS YOU CAN,
JOG DOWN THE STAIR FOR

RECOVERY. REPEAT 10 TIMES.

STAIR JUMPS:

START IN A SQUAT POSITION,
EXPLODE UP TWO STEPS AT A TIME.
COMPLETE 10 JUMPS, JOG
DOWN STAIRS FOR RECOVERY.
REPEAT 5 TIMES.

BLEACHER STEP UPS:

STAND AT THE BOTTOM BLEACHER
AND STEP UP, DRIVING YOUR
OPPOSING KNEE HIGH TOWARDS

YOUR CHEST. STEP UP ON THE
SAME LEG 10 TIMES, COMPLETE 10
STEP UPS ON THE OPPOSITE
LEG. REST FOR 1 MINUTE, REPEAT
3 TIMES.

SPRINT 250 METERS AND WALK
BACK TO THE START
REST 2 MINUTES
REPEAT SPRINT 5 TIMES WITH
2 MINUTE RESTS
AIM FOR 30 SECONDS OR LESS



Top By AESTHETIC
Bottoms By YOUMITA
Shoes By NIKE

CHRIS JERICHO

PHOTOS BY LHGFX

Blazer by John Varvatos
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Shoes by Boohoo
boohoo.com
Scarf by John Varvatos
johnvarvatos.com
Glasses by Rogue Eyewear
rogue-eyewear.com

Styling by ALI LEVINE
Assistant : Michelle Hernandez
& Cristina Fabian

Hair & Grooming by
KAREN PANG



Jacket by Michael Stars
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Joggers by Michael Stars
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Jeans by Guess

guess.com

Scarf by John Varvatos

johnvarvatos.com

Jewelry by Love Thirteen

& Twisted Silver

love-thirteen.com

twisted-silver.com

OTHER PAGE

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Shirt by Michael Stars

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Shoes by Lacoste

lacoste.com

Watch by Wood Watches by JORD

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BLUETOOTH BEANIE

Many bluetooth headsets weren't made to weather the storm. The elements such as rain and snow can damage most headsets and can possibly cause injury to you too. The bluetooth beanie is perfect for giving you wireless communication while enjoying your favorite outdoor activities. You can chat while hiking, bicycling, or even kayaking. You don't have to be a tech genius either to set it up with it being just mere minutes. Communication just got easier!



ACTIVEON 4K SOLAR

The Activeon 4K Solar is a unique digital camera that is capable of recording 4k quality images. The camera has a built-in touch screen with an intuitive user interface that anyone can use. This camera not only takes quality recordings of the sun, but it is powered by the sun too! You won't have to worry about finding the right outlet or correct plug for your charger either. The Activeon 4K Solar also comes with a burst charging station that can fully charge the camera within hour. You get the sustainability of solar power and the convenience of quicker charging outlet. This is perfect for capturing your weekend adventures to video blogs and everything in between!



ALPHA FIT

Clarisonic has a wide array of electronic skin cleansing devices. While they were associated with mainly women's devices, men are not left out. A variety of men's devices are hitting the market these days. Clarisonic introduced the Alpha Fit cleansing device specifically for

men's skin. Men's skin differ from women's, with the obvious main difference being the facial hair. The Alpha Fit can cleanse both clean-shaven and bearded faces as it preps skin for a smoother, closer shave. As a result, men experience less nicks and razor bumps. Bearded men say their beards felt cleaner and softer because the device does not pull or tug beards. Over 90% of men who used the Alpha Fit were very satisfied. but it is powered by the sun too! You won't have to worry about finding the right outlet or correct plug for your charger either.

HOT IN BED



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HOW TO TRAIN YOUR BRAIN TO KEEP YOU HEALTHY AND HAPPY

When you are unhappy what do you do? Do you go out for a meal? Go to the cinema? The theatre, perhaps? Do you go shopping? Perhaps you like a drink to overcome your unhappiness. Or do you get a buzz from jogging or going to the gym?

Whatever it is scientist are in the process of proving that internal change is the only thing that can give you health and happiness. Everything else is an illusion.

What does this mean?

Your brain is the only thing that can keep you healthy and happy.

Richard Davidson, a neuroscientist at the University of Wisconsin and Jon Kabat-Zinn from the University of Massachusetts Medical Centre have just completed some interesting research that can actually be of benefit to you and me and the way we run our lives.

They took a group of 41 stressed, but otherwise healthy, individuals working in a biotechnology firm in Wisconsin. 25 were taught meditation. In this case: mindfulness meditation. The group met for a 2.5 to 3 hour meditation class each week. After six weeks they all attended a seven hour meditation retreat. In addition each member was asked to meditate, at home, for one hour a day using a guided meditation tape.

The other 16 were held as a control group and did not receive meditation training until the study was completed.

At the end of the eight week program, in November, they also gave all the participants a flu jab. And guess what. The members of the meditation group had a significant increase in antibodies in other words they have less chance of catching flu.

The bottom line appears to be. If you want to have good health and overcome the day by day blues and maintain happiness learn to meditate. When you meditate you change the way your brain operates.

In addition, they found, the more you practice meditation the better your daily performance.

“What we found is that the long time practitioners showed brain activation on a scale we have never seen before. ‘Their mental practice is having an effect on the brain in the same way golf or tennis practice will enhance performance.’” It demonstrates, that the brain is capable of being trained and physically modified in ways few people can imagine.

So give yourself the space each day to train your brain. It works!



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TO SWEAT.**

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